

2020 U SPORTS Track and Field Championships
Championnats d'Athlétisme U SPORTS 2020
Universiade Pavilion, University of Alberta - 2020-03-05 to 2020-03-07
Meet Program - Thursday Track

Event 33 Indoor Pentathlon: #1 Women 60 Metre Hurdles**Thursday 2020-03-05 - 2:00 PM**

U Sports: 8.45 2016 Astrid Nyame

Lane Name	School	Seed Time
Section 1 of 2 Finals		
2 286 Kalea Sauder	Saskatchewan, S	9.34
3 379 Hannah Blair	Waterloo, Waterl	9.20
4 201 Allison Frantz	McGill, Montrea	9.15
5 46 Emily Saville	Calgary, Victoria	9.17
6 409 Heather McCann	Western	9.23
7 406 Ayasha Horner	Western	9.51

Section 2 of 2 Finals

2 181 Madisson Lawrence	Manitoba	8.72
3 260 Alyson Edwards	Regina, Strasbou	8.65
4 267 Joely Welburn	Regina, Bengouy	8.48
5 285 Nicole Ostertag	Saskatchewan, S	8.59
6 309 Maude Leveille	Sherbrooke	8.66
7 71 Lorena Heubach	Dalhousie	9.11

Event 34 Heptathlon: #1 Men 60 Metre Dash**Thursday 2020-03-05 - 3:45 PM**

U Sports: 6.91 2019 Peter Collier

Lane Name	School	Seed Time
Section 1 of 2 Finals		
2 422 Ryan Evans	Western	7.46
3 368 Christopher Weiss	Trinity Western,	7.43
4 415 Shawn Beaudoin	Western	7.40
5 291 Masson Altrogge	Saskatchewan, S	7.38
6 363 Ethan Foster	Trinity Western,	7.45
7 209 Alexander Stathis	McGill, Montrea	7.52

Section 2 of 2 Finals

2 244 Micah Hesman	New Brunswick	7.29
3 425 Jared Hendricks-Polac	Western	7.21
4 295 Landon Gill	Saskatchewan, S	7.05
5 117 Gunnar Eyjolfsson	Guelph, Akuyeri	7.13
6 303 Brendan Ritchie	Saskatchewan, E	7.29
7 233 Antoine Berube	Montréal	7.34

Event 1 Women 60 Metre Run**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2020-03-05 - 6:00 PM**

Top 3 from each heat plus next two best times

U Sports: 7.19 2015 Khamica Bingham

Lane Name	School	Seed Time
Heat 1 of 2 Preliminaries		
2 469 Monique Simon-Tuck	York, Concored	7.60
3 335 Elizabeth Martin	Toronto	7.44
4 72 Maya Reynolds	Dalhousie	7.54
5 103 Jacqueline Madogo	Guelph, Ottawa	7.41
6 255 Bailey Smith	P.E.I., Ten Mile	7.60
7 92 Von Davis	Guelph, Orton	7.57

Heat 2 of 2 Preliminaries

2 152 Audrey Leduc	Laval	7.45
3 144 Émy Béliveau	Laval, Quebec	7.54
4 329 Onome Gbinje	Toronto, Frederic	7.60
5 108 Shyvonne Roxborough	Guelph, Ottawa,	7.31
6 88 Zaria Armstrong	Guelph, Oakville	7.58

Event 2 Men 60 Metre Run**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Thursday 2020-03-05 - 6:10 PM**

Top 3 from each heat plus next two best times

U Sports: 6.57 2010 Sam Effah

Lane Name	School	Seed Time
Heat 1 of 2 Preliminaries		
1 195 Brian Lewis	Manitoba	6.91
2 194 Stefan Hreno	Manitoba	6.84
3 133 Kurdell Reason	Guelph, Moncto	6.91
4 392 Immanuel Onyemah	Waterloo, Waterl	6.83
5 483 Keysean Powell	York, North Yorl	6.77
6 424 Spencer Gibbs	Western	6.90
7 365 Praise Olatoke	Trinity Western,	6.81
8 33 Tyrell Smikle	Brock	6.91

Heat 2 of 2 Preliminaries

1 121 Jordan Henri	Guelph, Moncto	6.91
2 298 Karson Lehner	Saskatchewan, P	6.81
3 191 Marcel Dufault	Manitoba	6.82
4 76 Matthew Coolen	Dalhousie	6.87
5 300 Jacob Murphy	Saskatchewan, S	6.91
6 166 Hento Pilipili	Laval, Quebec	6.93
7 114 Andre Azonwanna	Guelph, Toronto	6.76
8 140 Niko Dowhos	Lakehead, Thun	6.87



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Event 5 Women 600 Metre Run

7 Advance: Top 1 Each Heat plus Next 5 Best Times
Thursday 2020-03-05 - 7:30 PM

Winners from each heat plus next 5 best times

Two turn stagger

U Sports: 1:27.63 1984

Camille Cato

Lane	Name	School	Seed Time
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Heat 1 of 2 Preliminaries

2	139 Amy Stieh	Lakehead, Thun	1:32.72	_____
3	410 Favour Okpali	Western	1:32.99	_____
4	253 Sydney Smith	Ottawa, Ottawa,	1:32.17	_____
5	222 Jade Bouchard-Nguye	Montréal	1:30.35	_____
6	98 Sadie-Jane Hickson	Guelph	1:30.59	_____
7	254 Maeliss Trapeau	Ottawa, Ottawa,	1:31.29	_____

Heat 2 of 2 Preliminaries

2	320 Catherine Kennedy	St. Francis, Anti	1:34.27	_____
3	397 Nicole Crellin-Parson	Western	1:32.46	_____
4	4 Olivia Cooper	Alberta, Edmont	1:31.16	_____
5	110 Jenna Smith	Guelph, Dundas,	1:30.14	_____
6	247 Madison Clarke	Ottawa, St. Cath	1:30.59	_____
7	37 Madeleine Browne	Calgary, Calgary	1:32.42	_____

Event 6 Men 600 Metre Run

7 Advance: Top 1 Each Heat plus Next 5 Best Times
Thursday 2020-03-05 - 7:45 PM

Winners from each heat plus next 5 best times

Two turn stagger

U Sports: 1:16.10 1995

Bryon Goodwin

Lane	Name	School	Seed Time
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Heat 1 of 2 Preliminaries

1	81 Hudson Grimshaw-Surt	Dalhousie	1:21.39	_____
2	433 Michael Petersen	Western	1:19.74	_____
3	268 Ret Brailsford	Regina, Lumsde	1:19.70	_____
4	17 Brendan Calef	Alberta, Lacom	1:19.18	_____
5	67 Brent Stephen	Calgary, Calgary	1:18.47	_____
6	345 Jack Berkshire	Toronto, Frederi	1:18.18	_____
7	390 Joshua Lorentz	Waterloo, Waterl	1:19.29	_____

Heat 2 of 2 Preliminaries

1	134 Alanzo Ryan	Guelph, Pickerin	1:19.82	_____
2	161 David Gendreau-Fillic	Laval	1:19.76	_____
3	196 Miguel Morrison	Manitoba	1:19.63	_____
4	485 Levar Russell	York, Ajax	1:19.08	_____
5	377 Vaughn Taylor	Victoria, Kentvil	1:18.13	_____
6	167 Sebastian Saville	Laval	1:18.69	_____
7	375 Sajjan Sarai	Victoria, Kentvil	1:19.51	_____

Event 33 Indoor Pentathlon: #5 Women 800 Metre Run

Double waterfall, 1 turn stagger

Athletes having four highest point totals in outside waterfall.

U Sports: 2:14.82 2014

Rachael McIntosh

Name	School	Seed Time
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--- No entries for this event

Event 15 Women 4x200 Metre Relay**8 Advance: Top 1 Each Heat plus Next 5 Best Times****Thursday 2020-03-05 - 8:20 PM**

Winners from each heat plus next 5 best times

3 turn stagger

U Sports: 1:36.46 2019

Guelph Gryphons

M Byng, S Roxborough, Z Sherar, N Smith

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Preliminaries

4	Manitoba		1:41.62	_____
5	Toronto		1:38.62	_____
6	Calgary		1:38.07	_____
7	Waterloo		1:41.76	_____

Heat 2 of 3 Preliminaries

4	Windsor		1:41.40	_____
5	Saskatchewan		1:36.51	_____
6	Alberta		1:39.05	_____
7	Montréal		1:41.77	_____

Heat 3 of 3 Preliminaries

4	Western		1:42.35	_____
5	Guelph		1:35.85	_____
6	York		1:39.37	_____
7	Laval		1:41.05	_____

Event 16 Men 4x200 Metre Relay**8 Advance: Top 1 Each Heat plus Next 5 Best Times****Thursday 2020-03-05 - 8:40 PM**

Winners from each heat plus next 5 best times

3 turn stagger

U Sports: 1:25.65 2012

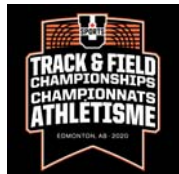
Ottawa

O. Makinde, Robertson, Biocchi, T. Makinde

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Preliminaries

4	York		1:28.84	_____
5	Western		1:27.10	_____
6	Trinity Western		1:26.79	_____
7	Montréal		1:28.42	_____



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Heat 2 of 3 Preliminaries...(Event 16 Men 4x200 Metre Rela

4	Alberta	1:27.72	_____
5	Toronto	1:26.47	_____
6	Saskatchewan	1:27.18	_____
7	Dalhousie	1:28.88	_____

Heat 3 of 3 Preliminaries

3	Laval	1:29.46	_____
4	Waterloo	1:27.56	_____
5	Manitoba	1:27.54	_____
6	Guelph	1:26.33	_____
7	Calgary	1:29.02	_____



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Event 31 Women Weight Throw**Thursday 2020-03-05 - 2:00 PM**

Top 8 advance to Final

U Sports: 19.66m 2005 Kate Forbes

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	168 Caitlyn Bailes	Lethbridge	15.29m _____
2	279 Emmarae Dale	Saskatchewan, S	15.31m _____
3	170 Madeline Szabo	Lethbridge	15.43m _____
4	74 Temi Toba-Oluboka	Dalhousie	15.62m _____
5	399 Hannah Diebold	Western	15.89m _____
6	403 Natasha Gubbels	Western	16.24m _____
7	471 Holly Taylor	York, Brantford	16.40m _____
8	95 Emily Fawcett	Guelph, Kingsto	16.80m _____
9	394 Rachel Campbell	Western	16.93m _____
10	43 Osereme Omosun	Calgary, Calgary	17.84m _____
11	150 Noémie Jeffrey	Laval, Quebec	18.83m _____
12	308 Ariane Dubois	Sherbrooke, Lav	18.96m _____

Event 33 Indoor Pentathlon: #2 Women High Jump**Thursday 2020-03-05 - 2:40 PM**

U Sports: 1.83m 2014 Rachel Machin

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	285 Nicole Ostertag	Saskatchewan, S	NH _____
2	406 Ayasha Horner	Western	NH _____
3	286 Kalea Sauder	Saskatchewan, S	NH _____
4	201 Allison Frantz	McGill, Montrea	NH _____
5	379 Hannah Blair	Waterloo, Waterl	NH _____
6	267 Joely Welburn	Regina, Bengouç	NH _____
7	181 Madisson Lawrence	Manitoba	NH _____
8	260 Alyson Edwards	Regina, Strasbou	NH _____
9	46 Emily Saville	Calgary, Victori	NH _____
10	309 Maude Leveille	Sherbrooke	NH _____
11	71 Lorena Heubach	Dalhousie	NH _____
12	409 Heather McCann	Western	NH _____

Event 34 Heptathlon: #2 Men Long Jump**Thursday 2020-03-05 - 4:30 PM**

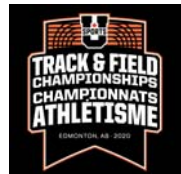
U Sports: 7.13m 2016 James Turner

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	422 Ryan Evans	Western	ND _____
2	368 Christopher Weiss	Trinity Western,	ND _____
3	303 Brendan Ritchie	Saskatchewan, E	ND _____
4	233 Antoine Berube	Montréal	ND _____
5	295 Landon Gill	Saskatchewan, S	ND _____
6	415 Shawn Beaudoin	Western	ND _____
7	209 Alexander Stathis	McGill, Montrea	ND _____
8	117 Gunnar Eyjolfsson	Guelph, Akuyeri	ND _____
9	363 Ethan Foster	Trinity Western,	ND _____
10	425 Jared Hendricks-Polac	Western	ND _____
11	244 Micah Hesman	New Brunswick	ND _____
12	291 Masson Altroge	Saskatchewan, S	ND _____

Event 33 Indoor Pentathlon: #3 Women Shot Put**Thursday 2020-03-05 - 5:00 PM**

U Sports: 14.45m 2019 Niki Oudenaarden

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	285 Nicole Ostertag	Saskatchewan, S	ND _____
2	71 Lorena Heubach	Dalhousie	ND _____
3	409 Heather McCann	Western	ND _____
4	201 Allison Frantz	McGill, Montrea	ND _____
5	406 Ayasha Horner	Western	ND _____
6	267 Joely Welburn	Regina, Bengouç	ND _____
7	309 Maude Leveille	Sherbrooke	ND _____
8	181 Madisson Lawrence	Manitoba	ND _____
9	286 Kalea Sauder	Saskatchewan, S	ND _____
10	46 Emily Saville	Calgary, Victori	ND _____
11	260 Alyson Edwards	Regina, Strasbou	ND _____
12	379 Hannah Blair	Waterloo, Waterl	ND _____



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Event 33 Indoor Pentathlon: #4 Women Long Jump**Thursday 2020-03-05 - 6:10 PM**

U Sports: 5.91m 2016 Astrid Nyame

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	267 Joely Welburn	Regina, Bengouç	ND _____
2	260 Alyson Edwards	Regina, Strasbot	ND _____
3	309 Maude Leveille	Sherbrooke	ND _____
4	379 Hannah Blair	Waterloo, Waterl	ND _____
5	181 Madisson Lawrence	Manitoba	ND _____
6	71 Lorena Heubach	Dalhousie	ND _____
7	46 Emily Saville	Calgary, Victori	ND _____
8	286 Kalea Sauder	Saskatchewan, S	ND _____
9	409 Heather McCann	Western	ND _____
10	406 Ayasha Horner	Western	ND _____
11	285 Nicole Ostertag	Saskatchewan, S	ND _____
12	201 Allison Frantz	McGill, Montrea	ND _____

Event 34 Heptathlon: #3 Men Shot Put**Thursday 2020-03-05 - 6:15 PM**

U Sports: 14.06m 2016 James Turner

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	291 Masson Altrogge	Saskatchewan, S	ND _____
2	303 Brendan Ritchie	Saskatchewan, E	ND _____
3	209 Alexander Stathis	McGill, Montrea	ND _____
4	233 Antoine Berube	Montréal	ND _____
5	368 Christopher Weiss	Trinity Western,	ND _____
6	422 Ryan Evans	Western	ND _____
7	244 Micah Hesman	New Brunswick	ND _____
8	425 Jared Hendricks-Polac	Western	ND _____
9	295 Landon Gill	Saskatchewan, S	ND _____
10	363 Ethan Foster	Trinity Western,	ND _____
11	415 Shawn Beaudoin	Western	ND _____
12	117 Gunnar Eyjolfsson	Guelph, Akuyeri	ND _____

Event 34 Heptathlon: #4 Men High Jump**Thursday 2020-03-05 - 7:30 PM**

U Sports: 1.96m 2018 Peter Nsaka Malonge

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	368 Christopher Weiss	Trinity Western,	NH _____
2	415 Shawn Beaudoin	Western	NH _____
3	422 Ryan Evans	Western	NH _____
4	209 Alexander Stathis	McGill, Montrea	NH _____
5	244 Micah Hesman	New Brunswick	NH _____
6	425 Jared Hendricks-Polac	Western	NH _____
7	295 Landon Gill	Saskatchewan, S	NH _____
8	363 Ethan Foster	Trinity Western,	NH _____
9	291 Masson Altrogge	Saskatchewan, S	NH _____
10	233 Antoine Berube	Montréal	NH _____
11	303 Brendan Ritchie	Saskatchewan, E	NH _____
12	117 Gunnar Eyjolfsson	Guelph, Akuyeri	NH _____



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Event 34 Heptathlon: #5 Men 60 Metre Hurdles**Friday 2020-03-06 - 1:30 PM**

U Sports: 8.19 2018 Kieran Johnston

Lane Name	School	Seed Time
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Section 1 of 2 Finals

2	363 Ethan Foster	Trinity Western,	9.25	_____
3	303 Brendan Ritchie	Saskatchewan, E	8.97	_____
4	244 Micah Hesman	New Brunswick	8.91	_____
5	291 Masson Altrogge	Saskatchewan, S	8.94	_____
6	425 Jared Hendricks-Polac	Western	9.03	_____
7	368 Christopher Weiss	Trinity Western,	9.26	_____

Section 2 of 2 Finals

2	117 Gunnar Eyjolfsson	Guelph, Akuyeri	8.79	_____
3	295 Landon Gill	Saskatchewan, S	8.69	_____
4	233 Antoine Berube	Montréal	8.57	_____
5	209 Alexander Stathis	McGill, Montrea	8.63	_____
6	415 Shawn Beaudoin	Western	8.72	_____
7	422 Ryan Evans	Western	8.85	_____

Event 13 Women 60 Metre Hurdles**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 2020-03-06 - 4:30 PM**

Top 3 from each heat plus next 2 best times

U Sports: 8.20 2015 Hayley Warren / Sarah Hammon

Lane Name	School	Seed Time
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Heat 1 of 2 Preliminaries

2	10 Catharina Kluyts	Alberta, St. Albe	8.31	_____
3	101 Kendra Leger	Guelph, Delhi, C	8.24	_____
4	402 Gabrielle Gregg	Western	8.60	_____
5	384 Emma Nero	Waterloo, Waterl	8.45	_____
6	468 Natasha Russell	York, Mississaug	8.43	_____
7	358 Mowalola Adeleye	Trinity Western,	8.61	_____

Heat 2 of 2 Preliminaries

1	282 Michelle Harrison	Saskatchewan, S	8.21	_____
2	260 Alyson Edwards	Regina, Strasbou	8.65	_____
3	285 Nicole Ostertag	Saskatchewan, S	8.55	_____
4	309 Maude Leveille	Sherbrooke	8.66	_____
5	89 Tyra Boug	Guelph, Kitchen	8.34	_____
6	267 Joely Welburn	Regina, Bengouy	8.48	_____
7	7 Cassandra Grenke	Alberta, Regina,	8.36	_____

Event 14 Men 60 Metre Hurdles**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 2020-03-06 - 4:45 PM**

Top 3 from each heat plus next 2 best times

U Sports: 7.79 2014 Sekou Kaba

Lane Name	School	Seed Time
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Heat 1 of 2 Preliminaries

1	113 Justice Archer	Guelph, Barrie, C	8.28	_____
2	76 Matthew Coolen	Dalhousie	8.24	_____
3	349 Cameron Bruce	Toronto, Frederic	8.12	_____
4	125 Matthew MacNeill	Guelph, London	8.17	_____
5	449 Leewinchell Jean	Windsor, Ottawa	8.24	_____
6	50 Kwaku Addo-Osafo	Calgary, Calgary	8.46	_____
7	205 Matthew Daly	McGill, Montrea	8.28	_____
8	296 Elliott Klassen	Saskatchewan, S	8.41	_____

Heat 2 of 2 Preliminaries

1	351 Adam Exley	Toronto, Frederic	8.27	_____
2	127 James Muharrem	Guelph, Waterlo	8.19	_____
3	421 Ryan Dooley	Western	8.33	_____
4	432 Wilson O'Neill	Western	8.19	_____
5	124 Matt MacGillivray	Guelph, London	8.24	_____
6	269 Thomas Haidl	Regina, Regina	8.33	_____
7	136 Craig Thorne	Guelph, Quispan	7.99	_____

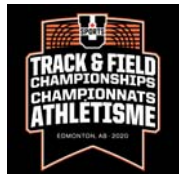
Event 7 Women 1000 Metre Run**Friday 2020-03-06 - 5:00 PM****Double waterfall****1 turn stagger**

U Sports: 2:41.36 2019 Jenna Westaway

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1A	369 Chloe Hewitt	Victoria, Victoria	2:50.68	_____
1B	47 Emily Simpson	Calgary, Creston	2:51.44	_____
1C	247 Madison Clarke	Ottawa, St. Cath	2:49.04	_____
1D	319 Jane Hergett	St. Francis, Port	2:48.25	_____
1E	94 Dana Earhart	Guelph, Dorches	2:49.86	_____
1F	222 Jade Bouchard-Nguye	Montréal	2:46.64	_____
1G	262 Robyn Ham	Regina, White C	2:51.94	_____
1H	96 Kiana Gibson	Guelph, Dorches	2:51.04	_____
2A	98 Sadie-Jane Hickson	Guelph	2:46.50	_____
2B	328 Avery Garrett-Pattersc	Toronto, Frederic	2:43.26	_____
2C	340 Lucia Stafford	Toronto, Frederic	2:39.28	_____
2D	142 Sydney Pattison	Laurier, Rockwo	2:45.90	_____



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Event 8 Men 1000 Metre Run

Friday 2020-03-06 - 5:10 PM

Double waterfall

1 turn stagger

U Sports: 2:22.09 2012

Tommy Lecours

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1A	215 Ryan Korol	McMaster, Burli	2:25.81
1B	161 David Gendreau-Fillic	Laval	2:25.27
1C	132 Alec Purnell	Guelph, Dundas	2:24.57
1D	354 Rohan Nowbotsing	Toronto, Frederic	2:24.84
1E	79 Aidan Goslett	Dalhousie	2:25.66
1F	448 Cole Hannam	Windsor, Guelph	2:26.12
1G	187 Simon Berube	Manitoba	2:25.45
1H	242 Kevin Robertson	Montréal	2:24.62
2A	81 Hudson Grimshaw-Surk	Dalhousie	2:24.33
2B	19 Robert Chauvet	Alberta, Lacombe	2:24.56
2C	323 Andrew Peverill	St. Mary's	2:24.55
2D	59 Eric Lutz	Calgary, Red De	2:23.93

Event 34 Heptathlon: #7 Men 1000 Metre Run

Double waterfall, 1 turn stagger

Athletes having four highest point totals in outside waterfall.

U Sports: 2:45.02 2016

Shawn Beaudoin

Name	School	Seed Time
---	No entries for this event	

Event 3 Women 300 Metre Run

8 Advance: Top 1 Each Heat plus Next 5 Best Times

Friday 2020-03-06 - 5:50 PM

Winners from each heat plus next 5 best times

U Sports: 37.35 2005

Adrienne Power

Lane	Name	School	Seed Time
Heat 1 of 3 Preliminaries			
4	278 Leadan Chartier	Saskatchewan, S	39.23
5	359 Grace Konrad	Trinity Western,	38.39
6	331 Katrina Innanen	Toronto, Frederic	38.37
7	42 Natalie McDougall	Calgary, Calgary	39.14
Heat 2 of 3 Preliminaries			
4	97 Tessa Hamilton	Guelph, Delhi, C	39.34
5	91 Morgan Byng	Guelph, Ottawa	37.87
6	224 Audrey Jackson	Montréal	38.50
7	139 Amy Stieh	Lakehead, Thun	38.99

Heat 3 of 3 Preliminaries

4	283 Ashlyn Mooney	Saskatchewan, S	38.93
5	281 Kendra Farmer	Saskatchewan, S	38.64
6	109 Zoe Sherar	Guelph, Ottawa	37.71
7	72 Maya Reynolds	Dalhousie	39.37

Event 4 Men 300 Metre Run

8 Advance: Top 1 Each Heat plus Next 5 Best Times

Friday 2020-03-06 - 6:05 PM

Winners from each heat plus next 5 best times

U Sports: 32.89 2019

Austin Cole

Lane	Name	School	Seed Time
Heat 1 of 3 Preliminaries			
4	118 Josh Hamilton	Guelph, St. John	34.16
5	129 Philip Osei	Guelph, Toronto	33.43
6	345 Jack Berkshire	Toronto, Frederic	33.57
7	66 Kai Spierenburg	Calgary, Calgary	34.44
Heat 2 of 3 Preliminaries			
3	317 Charles Pelletier	Sherbrooke	35.00
4	189 Luc Deleau	Manitoba	34.08
5	119 Daniel Harper	Guelph, Brampton	33.19
6	365 Praise Olatoke	Trinity Western,	33.60
7	29 Justin Rose	Alberta, Edmonton	34.44
Heat 3 of 3 Preliminaries			
3	84 Josh Lunda	Dalhousie	34.69
4	348 Emmett Bravakis	Toronto, Frederic	34.51
5	298 Karson Lehner	Saskatchewan, P	32.53
6	390 Joshua Lorentz	Waterloo, Waterloo	33.92
7	300 Jacob Murphy	Saskatchewan, S	34.04



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Event 11 Women 3000 Metre Run

Friday 2020-03-06 - 6:30 PM

Double waterfall

1 turn stagger

U Sports: 9:04.88 1988

Brenda Shackleton

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1G	141 Lizzy Laurie	Laurier	9:42.20
1H	155 Isabelle Turcotte	Laval, Quebec	9:47.27
1I	256 Marley Beckett	Queens	9:50.44
1J	370 Caitlin Mann	Victoria, Kentvil	9:57.41
1K	395 Remy Cattell	Western	9:43.53
1L	211 Morgan McKeown	McMaster, Mine	9:46.46
1M	227 Laurianne Lepine	Montréal	9:42.09
1N	264 Kaila Neigum	Regina, Regina	9:50.66
1O	210 Caroline Forbes	McMaster, Sarni	9:51.49
1P	73 Catherine Thompson	Dalhousie	10:07.92
2A	257 Kara Blair	Queens	9:26.97
2B	111 Hannah Woodhouse	Guelph, Clarksb	9:34.98
2C	398 Kate Current	Western	9:13.91
2D	143 Catherine Beauchemir	Laval, Quebec	9:31.49
2E	225 Marie-Lyssa Lafontair	Montréal	9:35.47
2F	151 Jessy Lacourse	Laval, Quebec	9:17.07

Event 12 Men 3000 Metre Run

Friday 2020-03-06 - 6:50 PM

Double waterfall

1 turn stagger

U Sports: 7:59.29 1996

Jeff Schiebler

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1A	423 Isaiah Frielink	Western	8:12.12
1B	212 Andrew Davies	McMaster, Sarni	8:13.27
1C	77 Callum Drever	Dalhousie	8:26.63
1D	137 Mitchell Ubene	Guelph, Tecums	8:10.36
1E	378 Brandon Vail	Victoria, Edmon	8:09.80
1F	434 Marcel Scheele	Western	8:16.15
1G	218 Sergio Raez Villanuev	McMaster, Missi	8:13.05
1H	63 Russell Pennock	Calgary, Calgary	8:11.51
1I	56 Alexander James	Calgary, Calgary	8:13.48
2A	258 Mitchell de Lange	Queens	8:06.97
2B	69 Matthew Travaglini	Calgary, Calgary	8:08.26
2C	160 Jean-Simon Desgagné	Laval	7:53.21
2D	213 Alex Drover	McMaster, King	8:08.44
2E	362 Nick Colyn	Trinity Western,	8:09.19

Event 19 Women 4x800 Metre Relay

Friday 2020-03-06 - 8:00 PM

Double waterfall

1 turn stagger

U Sports: 8:32.36 2015

University of Toronto

R Jewett, H Walmsley, S Gollish, G Stafford

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1A	Ottawa		9:06.24
1B	Montréal		9:13.87
1C	Western		9:17.51
1D	Calgary		9:05.10
1E	Laval		9:09.94
1F	St. Francis		9:15.95
1G	Manitoba		9:14.06
1H	Saskatchewan		9:08.85
2A	Regina		8:58.81
2B	Alberta		8:58.13
2C	Guelph		8:54.42
2D	Toronto		8:58.89

Event 20 Men 4x800 Metre Relay

Friday 2020-03-06 - 8:15 PM

Double waterfall

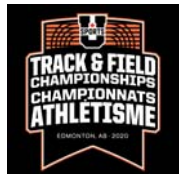
1 turn stagger

U Sports: 7:27.94 2014

Windsor

La Marra, McArthur, Bellemore, Ullman

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
1A	Dalhousie		7:47.38
1B	McGill		7:47.16
1D	Western		7:46.46
Section 2 of 2 Finals			
1A	Alberta		7:41.04
1B	Saskatchewan		7:40.72
1C	Laval		7:45.44
1D	Victoria		7:39.13
1E	Guelph		7:41.06
1F	Windsor		7:44.30
2A	Manitoba		7:35.49
2B	McMaster		7:38.99
2C	Calgary		7:34.32
2D	Regina		7:33.81



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Event 32 Men Weight Throw**Friday 2020-03-06 - 12:30 PM**

Top 8 advance to Final

U Sports: 24.08m 2009

Jim Steacy

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	297 Brett Lachance	Saskatchewan, N		16.02m _____
2	172 Ben Ingvaldson	Lethbridge		16.05m _____
3	171 Xavier Crosby	Lethbridge		16.11m _____
4	245 Jarod Manuel	New Brunswick		16.27m _____
5	173 Brayden Klippenstein	Lethbridge		16.37m _____
6	484 Jonathan Raspanti	York, Woodbridg		16.45m _____
7	304 Tyrell Sawatzky	Saskatchewan, C		16.79m _____
8	445 Anthony Atkinson	Windsor, Chatha		16.91m _____
9	55 Pedro Diaz	Calgary, Calgary		17.20m _____
10	116 Mark Bujnowski	Guelph, Lachute		17.73m _____
11	174 Andreas Troschke	Lethbridge		17.95m _____
12	165 Joey Lussier	Laval		18.55m _____

Event 34 Heptathlon: #6 Men Pole Vault**Friday 2020-03-06 - 2:30 PM**

U Sports: 4.70m 2018

Telvin Tavernier

U Sports: 4.70m 2016

Milos Savic

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	295 Landon Gill	Saskatchewan, S	NH	_____
2	244 Micah Hesman	New Brunswick	NH	_____
3	415 Shawn Beaudoin	Western	NH	_____
4	303 Brendan Ritchie	Saskatchewan, E	NH	_____
5	233 Antoine Berube	Montréal	NH	_____
6	368 Christopher Weiss	Trinity Western,	NH	_____
7	209 Alexander Stathis	McGill, Montrea	NH	_____
8	363 Ethan Foster	Trinity Western,	NH	_____
9	291 Masson Altrogge	Saskatchewan, S	NH	_____
10	422 Ryan Evans	Western	NH	_____
11	117 Gunnar Eyjolfsson	Guelph, Akuyeri	NH	_____
12	425 Jared Hendricks-Polac	Western	NH	_____

Event 25 Women Long Jump**Friday 2020-03-06 - 5:00 PM**

Top 8 advance to finals

U Sports: 6.24m 2001

Jocelyn Adu-Gyamfi

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	243 Victoria LeBlanc	New Brunswick		5.71m _____
2	436 Katie Flemington	Windsor, Guelph		5.71m _____
3	260 Alyson Edwards	Regina, Strasbou		5.73m _____
4	281 Kendra Farmer	Saskatchewan, S		5.74m _____
5	339 Kristen Schulz	Toronto, Langley		5.76m _____
6	381 Janelle Clarke	Waterloo, Waterl		5.79m _____
7	93 Sonja Drosdowech	Guelph, London		5.82m _____
8	266 Erika Stockhorst	Regina, Regina		5.85m _____
9	267 Joely Welburn	Regina, Bengouç		5.92m _____
10	71 Lorena Heubach	Dalhousie		5.97m _____
11	152 Audrey Leduc	Laval		6.00m _____
12	465 Leah Jones	York, Scarborough		6.03m _____

Event 22 Men High Jump**Friday 2020-03-06 - 5:00 PM**Start at 1.81m, up by 5cm to 1.96,
then up by 3cm.

U Sports: 2.24m 1993

Alex Zaliaskas

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	198 Sidiki Sow	Manitoba		1.98m _____
2	186 Oyinkansola Akinola	Manitoba		2.07m _____
3	128 Benayo Olak	Guelph, Lachute		2.04m _____
4	239 Emile Ollivier	Montréal		2.11m _____
5	54 Alexander Deikoff	Calgary, Calgary		1.98m _____
6	455 Sam Villa	Windsor, Milton		1.98m _____
7	158 Louis Brosseau	Laval		2.07m _____
8	322 Logan Coulet	St. Francis, West		1.98m _____
9	274 Ty Pederson	Regina, Melfort		1.98m _____
10	18 Wesley Calef	Alberta, Fort Sas		2.06m _____
11	113 Justice Archer	Guelph, Barrie, C		2.00m _____
12	388 Solomon Davidson	Waterloo, Waterl		2.07m _____
13	123 Adam Lee	Guelph, Guelph		1.98m _____
14	70 Colin Unruh	Calgary, Rosema		2.07m _____



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Event 23 Women Pole Vault**Friday 2020-03-06 - 5:30 PM**

Start at 3.35m, up by 15cm to 3.65m,
 then up by 10cm to 3.85m,
 then up by 5cm.

U Sports: 4.25m 2016

Robin Bone

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	153 Claudine Nafaa	Laval, Ottawa	3.50m
2	107 Mia Rodney	Guelph, Toronto	3.92m
3	97 Tessa Hamilton	Guelph, Delhi, C	3.76m
4	341 Alexzandra Throndsor	Toronto, Langley	4.02m
5	342 Bryn Walsh	Toronto, Langley	3.72m
6	177 Emily Blackner	Manitoba	3.90m
7	407 Katy Magoffin	Western	3.71m
8	442 Lynton Lam	Windsor, London	3.73m
9	9 Rachel Hyink	Alberta, Lacombe	4.12m
10	443 Christy Rizzo	Windsor, London	3.72m
11	278 Leadan Chartier	Saskatchewan, S	3.81m
12	252 Caroline Poirier	Ottawa, Ottawa,	3.76m

Event 26 Men Long Jump**Friday 2020-03-06 - 7:00 PM**

Top 8 advance to Final

U Sports: 7.88m 2010

Christopher Greenway

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	75 Nick Beaulieu	Dalhousie	6.90m
2	452 Justin Rempillo	Windsor, Winds	6.97m
3	426 Matt Indome	Western	7.00m
4	350 Eric Che	Toronto, Langley	7.08m
5	120 Owen Hebb	Guelph, Caledon	7.16m
6	125 Matthew MacNeill	Guelph, London	7.16m
7	123 Adam Lee	Guelph, Guelph	7.17m
8	138 Gerrard Wallace	Guelph, Caledon	7.28m
9	290 Michael Akintunde	Saskatchewan, S	7.38m
10	270 Scott Joseph	Regina, Swift Ct	7.67m
11	483 Keysean Powell	York, North Yorl	7.71m

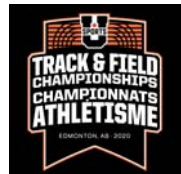
Event 29 Women Shot Put**Friday 2020-03-06 - 7:00 PM**

Top 8 advance to Final

U Sports: 17.56m 2019

Brittany Crew

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	40 Alexis Johnson	Calgary, Calgary	12.31m
2	220 Kyla Hughes	Moncton, Cocag	12.37m
3	176 Keara Andrew	Manitoba	12.38m
4	150 Noémie Jeffrey	Laval, Quebec	12.54m
5	48 Siri Svensson	Calgary, Calgary	13.28m
6	412 Adele St. John	Western	13.28m
7	288 Jennifer Weber	Saskatchewan, E	13.40m
8	401 Emily Good	Western	13.63m
9	146 Ivonne Coulibaly	Laval, Quebec	13.66m
10	105 Tamia Noel	Guelph, Oakville	13.78m
11	43 Osereme Omosun	Calgary, Calgary	13.88m
12	471 Holly Taylor	York, Brantford	13.99m



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Event 9 Women 1500 Metre Run

Saturday 2020-03-07 - 2:45 PM

Double waterfall

1 turn stagger

U Sports: 4:16.41 1988 Paula Schnurr

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1A	264 Kaila Neigum	Regina, Regina	4:35.72
1B	94 Dana Earhart	Guelph, Dorches	4:32.42
1C	96 Kiana Gibson	Guelph, Dorches	4:28.03
1D	319 Jane Hergett	St. Francis, Port	4:29.99
1E	14 Kaitlin Swartz	Alberta, Edmont	4:34.37
1F	142 Sydney Pattison	Laurier, Rockwo	4:27.40
1G	100 Danielle Jossinet	Guelph, Coboury	4:34.93
1H	111 Hannah Woodhouse	Guelph, Clarksb	4:31.24
2A	143 Catherine Beauchemir	Laval, Quebec	4:26.09
2B	398 Kate Current	Western	4:23.53
2C	340 Lucia Stafford	Toronto, Frederi	4:10.22
2D	151 Jessie Lacourse	Laval, Quebec	4:25.12

Event 10 Men 1500 Metre Run

Saturday 2020-03-07 - 3:00 PM

Double waterfall

1 turn stagger

U Sports: 3:46.85 1990 Allan Klassen

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1A	126 Kyle Madden	Guelph, St. Geor	3:48.51
1B	137 Mitchell Ubene	Guelph, Tecums	3:48.70
1C	218 Sergio Ruez Villanuev	McMaster, Missi	3:48.64
1D	271 Ron MacLean	Regina, Regina	3:47.88
1E	258 Mitchell de Lange	Queens	3:52.45
1F	434 Marcel Scheele	Western	3:47.79
1G	323 Andrew Peverill	St. Mary's	3:48.48
1H	362 Nick Colyn	Trinity Western,	3:48.86
2A	242 Kevin Robertson	Montréal	3:41.82
2B	213 Alex Drover	McMaster, King	3:47.46
2C	132 Alec Purnell	Guelph, Dundas	3:47.13
2D	59 Eric Lutz	Calgary, Red De	3:46.08
2E	160 Jean-Simon Desgagné	Laval	3:47.06

Event 17 Women 4x400 Metre Relay

Saturday 2020-03-07 - 4:00 PM

2 turn stagger

U Sports: 3:40.08 2019 Guelph Gryphons

M Byng, S Hickson, J Smith, Z Sherar

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Waterloo		3:52.96
3	Manitoba		3:53.56
4	Western		3:52.63
5	Montréal		3:51.40
6	Ottawa		3:51.42
7	Windsor		3:51.71
Section 2 of 2 Finals			
2	Toronto		3:50.87
3	York		3:48.02
4	Calgary		3:45.22
5	Saskatchewan		3:44.58
6	Guelph		3:41.03
7	Alberta		3:46.85

Event 18 Men 4x400 Metre Relay

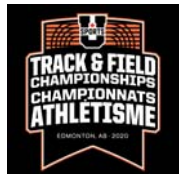
Saturday 2020-03-07 - 4:15 PM

2 turn stagger

U Sports: 3:11.67 2019 Guelph Gryphons

J Hamilton, G Thompson, D Harper, P Osei

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
1	Dalhousie		3:24.50
2	Western		3:20.16
3	York		3:19.90
4	Saskatchewan		3:19.35
5	McGill		3:17.20
6	Sherbrooke		3:17.39
7	Victoria		3:18.70
Section 2 of 2 Finals			
2	Calgary		3:16.97
3	Alberta		3:16.32
4	Manitoba		3:15.77
5	Guelph		3:12.71
6	Toronto		3:14.79
7	Waterloo		3:15.19



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Event 27 Women Triple Jump**Saturday 2020-03-07 - 12:30 PM**

Top 8 advance to Final

U Sports: 13.16m 2015

Caroline Ehrhardt

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	441 Chloe Knox	Windsor, London	11.78m	_____
2	3 Autumn Cole	Alberta, Sherwo	11.86m	_____
3	336 Jada Roach	Toronto, Langley	11.86m	_____
4	99 Hanna Jodoin	Guelph, Sault St	11.88m	_____
5	44 Erika Pearson	Calgary, Calgary	11.89m	_____
6	400 Paige Doyle	Western	11.92m	_____
7	266 Erika Stockhorst	Regina, Regina	12.01m	_____
8	202 Lauren Abigail Woods	McGill, Montrea	12.04m	_____
9	243 Victoria LeBlanc	New Brunswick	12.04m	_____
10	435 Mandy Brunet	Windsor, Lasalle	12.09m	_____
11	358 Mowalola Adeleye	Trinity Western,	12.12m	_____
12	339 Kristen Schulz	Toronto, Langley	12.38m	_____

Event 24 Men Pole Vault**Saturday 2020-03-07 - 12:30 PM**

Start at 4.43m, up by 15cm to 4.73m,

then up by 10cm to 4.93m,

then up by 5cm.

U Sports: 5.65m 1992

Doug Wood

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	364 Giovanni Hernandez	Trinity Western,	5.06m	_____
2	135 Brennan Seguin	Guelph, Martintc	4.91m	_____
3	26 Adam Osborne	Alberta, Langley	4.70m	_____
4	478 Daniel Gleason	York, Toronto	5.02m	_____
5	316 Maxime Leveille	Sherbrooke	5.00m	_____
6	418 Nick Christopher	Western	4.52m	_____
7	305 Josh Websdale	Saskatchewan, S	4.62m	_____
8	446 Ross Benn	Windsor, Aurora	4.60m	_____
9	112 Aidan Anger	Guelph, Burks F	4.62m	_____
10	473 Samuel Adams	York, Glasgow	5.02m	_____
11	450 Nojah Parker	Windsor, Woods	4.80m	_____
12	363 Ethan Foster	Trinity Western,	4.66m	_____

Event 21 Women High Jump**Saturday 2020-03-07 - 2:30 PM**

Start at 1.54m, up by 5cm to 1.69m,

then up by 3cm.

U Sports: 1.88m 2014

Emma Nuttall

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	263 Amou Madol	Regina, Regina	1.71m	_____
2	201 Allison Frantz	McGill, Montrea	1.69m	_____
3	87 Arabella Alton	Guelph	1.67m	_____
4	287 Taylor Schultz	Saskatchewan, C	1.68m	_____
5	46 Emily Saville	Calgary, Victoria	1.66m	_____
6	71 Lorena Heubach	Dalhousie	1.71m	_____
7	104 Gabrielle Marton	Guelph, Brantfor	1.67m	_____
8	307 Maude Croteau-Vailla	Sherbrooke	1.80m	_____
9	337 Hannah Rolfe	Toronto, Langley	1.66m	_____
10	267 Joely Welburn	Regina, Bengou	1.71m	_____
11	181 Madisson Lawrence	Manitoba	1.74m	_____
12	41 Madison Mayr	Calgary, Calgary	1.74m	_____
13	326 Emily Branderhorst	Toronto, Timmir	1.75m	_____

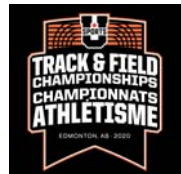
Event 30 Men Shot Put**Saturday 2020-03-07 - 2:45 PM**

Top 8 advance to Final

U Sports: 18.48m 2011

Andrew Smith

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	207 Jose Guerra	McGill, Montrea	13.63m	_____
2	304 Tyrell Sawatzky	Saskatchewan, C	14.80m	_____
3	356 Frank Vreugdenhil	Toronto, Langley	15.05m	_____
4	417 Stuart Cameron	Western	15.12m	_____
5	245 Jarod Manuel	New Brunswick	15.17m	_____
6	445 Anthony Atkinson	Windsor, Chatha	15.29m	_____
7	52 Liam Banks	Calgary, Calgary	15.63m	_____
8	297 Brett Lachance	Saskatchewan, M	15.88m	_____
9	456 Zion Webb	Windsor, Sarnia,	16.00m	_____
10	294 Brennan Degenhardt	Saskatchewan, S	16.07m	_____
11	172 Ben Ingvaldson	Lethbridge	16.08m	_____
12	51 Mohamed Asiff	Calgary, Calgary	16.96m	_____
13	116 Mark Bujnowski	Guelph, Lachute	18.61m	_____



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Event 28 Men Triple Jump**Saturday 2020-03-07 - 2:45 PM****Top 8 advance to Final****U Sports: 15.81m 2013 Olivier Huet**

Pos	Name	School	Seed	Mark
Flight 1 of 1 Finals				
1	85 Tobi Oshikoya	Dalhousie		13.64m _____
2	416 Scott Billings	Western		14.03m _____
3	312 Ludovick Hladin	Sherbrooke		14.18m _____
4	361 Denzel Brown	Trinity Western,		14.25m _____
5	483 Keysean Powell	York, North Yorl		14.29m _____
6	128 Benayo Olak	Guelph, Lachute		14.39m _____
7	429 Isaac Mapp	Western		14.43m _____
8	131 Scott Peel	Guelph, Fenelon		14.48m _____
9	270 Scott Joseph	Regina, Swift Ct		14.56m _____
10	186 Oyinkansola Akinola	Manitoba		14.73m _____
11	61 Sodiemye Nkwonta	Calgary, Calgary		14.90m _____
12	343 Femi Akinduro	Toronto, Langley		15.03m _____
13	311 Patrick Hanna	Sherbrooke		15.16m _____

