

Results**Women 60 Meter Dash**

Name	Team	Prelims	H#
Preliminaries			
1 Peirce, Sarah	University of Guelph	7.90 q	2
2 Ottey, Renee	Over the Top TC	8.00 q	3
3 Alcide, Kimmel	York University	8.09 q	2
4 Olson, Jenessa	St.Thomas Legion Tfc	8.26 q	1
5 Walford, Rockelle	York University	8.30 q	3
6 Bujnowski, Kristin	London Legion TC	8.54 q	2
7 Benajmin, Nicole	University of Toronto	8.58 q	2
8 Stewardson, Shannon	McMaster University	8.64 q	1
9 Fletcher, Shanyce	Over the Top TC	8.67	1
10 Canneri, Marta	University of Toronto TC	8.82	1
11 Boyle, Alex	University of Guelph	8.97	1
12 Olar, Katelyn	London Legion TC	8.97	1
13 Mikitiuk, Elena	London Legion TC	9.25	3
14 Grant, Pathrina	Over the Top TC	9.73	2
15 Mastykash, Tania	Unattached	11.65	1

Women 60 Meter Dash

Name	Team	Finals	Points
Finals			
1 Peirce, Sarah	University of Guelph	7.89	
2 Ottey, Renee	Over the Top TC	7.99	
3 Alcide, Kimmel	York University	8.15	
4 Walford, Rockelle	York University	8.24	
5 Bujnowski, Kristin	London Legion TC	8.58	
6 Benajmin, Nicole	University of Toronto	8.62	
7 Stewardson, Shannon	McMaster University	8.70	
8 Fletcher, Shanyce	Over the Top TC	8.71	

Women 300 Meter Run

Name	Team	Finals	H#	Points
1 Wells, Sherine	Project Athletics TC	39.45	1	
2 Redhead, Janelle	Project Athletics TC	40.99	1	
3 Malek, Shauna	London Legion TC	41.81	1	
4 Benajmin, Nicole	University of Toronto	42.73	2	
5 Olson, Jenessa	St.Thomas Legion Tfc	42.77	2	
6 Spriel, Amanda	London Legion TC	43.36	2	
7 Sherwin, Grace	University of Guelph	43.60	2	
8 Di Chiara, Amilia	York County TC	43.63	3	
9 Gauthier, Jacqueline	University of Guelph	43.74	3	
10 Ayippe, Mavis	MississaugaTC	43.82	1	
11 Whittingham, Natoya	Project Athletics TC	44.55	4	
12 Jones, Jarelle	Project Athletics TC	45.13	4	
13 Johnson, Chenelle	University of Guelph	46.30	5	
14 Borthwick, Emily	University of Guelph	46.89	5	
15 Long, Tanika	Project Athletics TC	47.06	4	
16 Kerr, Jasmine	London Legion TC	47.49	5	
17 Ottey, Andrea	Over the Top TC	47.64	4	

Women 600 Meter Run

Name	Team	Finals	Points
1 Wyman, Jillian	McMaster University	1:39.99	

Results**(Women 600 Meter Run)**

	Name	Team	Finals	Points
2	Gauthier, Jacqueline	University of Guelph	1:40.41	
3	Stewart, Megan	Georgia State University	1:50.14	
4	Johnson, Chenelle	University of Guelph	1:50.54	

Women 1000 Meter Run

	Name	Team	Finals	Points
1	Wyman, Jillian	McMaster University	2:59.06	
2	Vanos, Jenni	University of Guelph	2:59.78	
3	MacDonald, Tara	University of Guelph	3:08.37	
4	Moodie, Amanda	McMaster University	3:19.92	
5	Brown, Suzie	McMaster University	3:21.22	
6	Sinasack, Rachel	McMaster University	3:21.24	
7	Vanriel, Nikki	McMaster University	3:25.02	
8	Stewart, Megan	Georgia State University	3:31.15	

Women 1500 Meter Run

	Name	Team	Finals	Points
1	Vanhie, Jess	University of Guelph	4:46.81	
2	Laurie, Courtney	University of Guelph	4:48.31	
3	Muise, Steph	University of Guelph	4:48.67	
4	Novak, Shantelle	University of Guelph	4:49.68	
5	Pearo, Jessica	McMaster University	4:51.44	
6	Horne, Justine	Tri City TC	4:55.38	
7	Digel, Haley	University of Guelph	4:56.18	
8	Furtado, Lindsay	University of Guelph	4:58.59	
9	McIvor, Laura	University of Guelph	5:00.68	
10	Pieterston, Becky	St.Thomas Legion Tfc	5:09.32	
11	Douglas, Bronwen	McMaster University	5:23.89	
12	Lau, Monica	McMaster University	5:25.54	

Women 3000 Meter Run

	Name	Team	Finals	Points
1	Cliff, Rachel	University of Guelph	10:33.65	
2	Phelan, Barbara	Unattached	11:04.45	

Women 60 Meter Hurdles

	Name	Team	Prelims
Preliminaries			
1	Harris, Meghan	London Legion TC	9.58 q
2	Boyle, Alex	University of Guelph	10.09 q

Women 60 Meter Hurdles

	Name	Team	Finals	Points
Finals				
1	Harris, Meghan	London Legion TC	9.39	
---	Boyle, Alex	University of Guelph	DQ	

Women 4x200 Meter Relay

	Team	Relay	Finals	Points
1	Project Athletics TC	A	1:45.13	
2	University of Guelph	A	1:52.54	

Results**Women 4x400 Meter Relay**

Team	Relay	Finals	Points
1 University of Guelph	A	4:23.10	

Women 4x800 Meter Relay

Team	Relay	Finals	Points
1 University of Guelph	B	9:33.62	
2 University of Guelph	A	9:33.73	

Women High Jump

Name	Team	Finals	Points
1 Haye, Shaneista	University of Guelph	1.70m	
2 Moody, Michelle	University of Guelph	J1.70m	
3 Colinson, Erin	University of Guelph	1.50m	
4 Mikitiuk, Elena	London Legion TC	1.45m	
5 Kukovica, Emily	University of Toronto TC	1.35m	

Women Pole Vault

Name	Team	Finals	Points
1 Lyons, Adriana	York University	3.35m	
2 Crombeen, Emma	London Legion TC	3.15m	
3 Radu, Stephanie	University of Guelph	3.05m	
4 Radu, Melissa	University of Guelph	J3.05m	
5 Crowe, Victoria	McGill University	2.95m	
--- Berube, Kathryn	University of Guelph	NH	

Women Long Jump

Name	Team	Finals	Points
1 Moody, Michelle	University of Guelph	5.59m	
2 Zachariah, Neb	University of Guelph	5.25m	
3 Flemington, Katie	University of Guelph	J5.25m	
4 McArthur, Brae Anne	University of Guelph	5.20m	
5 Richardson, Kim	University of Guelph	J5.20m	
6 Broomfield, Robyn	Over the Top TC	4.90m	
7 Kerr, Jasmine	London Legion TC	4.80m	
8 Bujnowski, Kristin	London Legion TC	J4.80m	
9 Libby, Deborah	Unattached	4.75m	
10 Tschirhart, Victoria	McMaster University	4.68m	
11 Olar, Katelyn	London Legion TC	4.61m	
12 Kukovica, Emily	University of Toronto TC	3.98m	
13 Porter, Jamie	University of Toronto TC	3.96m	
14 Canneri, Marta	University of Toronto TC	3.50m	

Women Triple Jump

Name	Team	Finals	Points
1 Zachariah, Neb	University of Guelph	11.71m	
2 Richardson, Kim	University of Guelph	11.06m	
3 Flemington, Katie	University of Guelph	10.70m	
4 Revell, Lauren	University of Toronto	10.60m	
5 Bujnowski, Kristin	London Legion TC	10.39m	
6 Tschirhart, Victoria	McMaster University	10.00m	
7 Colinson, Erin	University of Guelph	9.65m	
8 Karideas, Katerina	London Legion TC	9.35m	
9 Porter, Jamie	University of Toronto TC	9.10m	

Results**Women Shot Put**

	Name	Team	Finals	Points
1	Jackson, Stephanie	University of Guelph	12.73m	
2	Edney, Megan	York University	12.08m	
3	Kwiatkowski, Daniele	University of Guelph	11.45m	
4	Perry, Janice	York University	10.91m	
5	Bartle, Kela	University of Guelph	10.52m	
6	Keeley, Chelsea	University of Guelph	10.48m	
7	Obrochta, Kristin	York University	10.48m	
8	McArthur, Brae Anne	University of Guelph	8.83m	
9	Allen, Bernadette	London Legion TC	7.77m	

Women Weight Throw

	Name	Team	Finals	Points
1	Kwiatkowski, Daniele	University of Guelph	15.30m	
2	Obrochta, Kristin	York University	13.33m	
3	Perry, Janice	York University	12.63m	
4	Edney, Megan	York University	12.03m	
5	Keeley, Chelsea	University of Guelph	11.49m	
6	Bartle, Kela	University of Guelph	8.92m	
---	Jackson, Stephanie	University of Guelph	ND	

Men 60 Meter Dash

	Name	Team	Prelims	H#
Preliminaries				
1	Halstead, Tyronne	York University	6.83 q	2
2	Allen, Charles	Ottawa Lions	6.98 q	1
3	Pollenais, Owen	University of Toronto TC	7.09 q	3
4	Bowman, Aaron	St.Thomas Legion Tfc	7.11 q	6
5	Barbarie, Daniel	Unattached	7.16 q	5
6	Athur, augustine	Unattached	7.19 q	4
7	Ryder, Jamie	London Legion TC	7.22 q	6
8	Helmer-Peschier, Curtis	University of Guelph	7.28 q	7
9	Stiver-Balla, Mat	York University	7.29	2
10	Granillo, Elias	St.Thomas Legion Tfc	7.29	3
11	Warner, Damian	London Legion TC	7.29	6
12	Gill, Kyle	Project Athletics TC	7.31	5
13	Liseron-Monfils, Christophe	University of Guelph	7.31	5
14	Lam-Peters, Marcus	University of Toronto TC	7.34	6
15	Tesfaye, Gabriel	London Legion TC	7.40	1
16	Wilson, Kristian	London Legion TC	7.41	3
17	St. Bernard, David	York University	7.41	5
18	Mackinley, Michael	London Legion TC	7.42	6
19	Graham, Andrew	London Legion TC	7.43	2
20	Lewis, Ryan	University of Toronto TC	7.44	2
21	Hindz, Karam	University of Western Ontario	7.46	1
22	Bailey, Chafari	University of Toronto TC	7.47	2
23	Fernando, Chrisy	York University	7.52	3
24	VanRossum, Adrian	University of Toronto TC	7.53	4
25	Muthaliff, Denis	McMaster University	7.54	3
26	Zia, Zubair	Flying Angels TC	7.54	1
27	Allen, Cory	University of Toronto TC	7.55	4
28	Satchell, Dane	University of Toronto TC	7.55	6

Results**Preliminaries ... (Men 60 Meter Dash)**

Name	Team	Prelims	H#	
29	Marchie, Augustine	University of Toronto	7.56	5
30	Raymond, Kyle	University of Waterloo	7.58	6
31	Ferowin, Theo	York University	7.60	3
32	Holdik-Siu, Nick	McMaster University	7.63	4
33	Lemassif, Chris	University of Toronto TC	7.64	1
34	Au, Jason	University of Toronto TC	7.65	5
35	Waithe, Joshua	York University	7.69	2
36	Lee Fon, Mike	Unattached	7.71	2
37	Coyne, Jared	St.Thomas Legion Tfc	7.71	6
38	Schwoob, Eric	Niagara Regional Athletics	7.74	3
39	Flaxey, Ian	University of Guelph	7.76	7
40	Haynes, Cornell	University of Guelph	7.81	1
41	Stoute, Barry	McMaster University	7.82	1
42	Chu, Kevin	McMaster University	7.95	2
43	Yip, Chris	London Legion TC	8.40	1

Men 60 Meter Dash

Name	Team	Finals	H#	Points
Finals				
1	Halstead, Tyrone	York University	6.78	1
2	Allen, Charles	Ottawa Lions	6.85	1
3	Pollenais, Owen	University of Toronto TC	6.90	1
4	Bowman, Aaron	St.Thomas Legion Tfc	7.12	1
5	Barbarie, Daniel	Unattached	7.15	1
6	Stiver-Balla, Mat	York University	7.20	2
7	Athur, augustine	Unattached	7.22	1
8	Liseron-Monfils, Christophe	University of Guelph	7.29	2
9	St. Bernard, David	York University	7.47	2
10	Hindz, Karam	University of Western Ontario	7.49	2
11	Muthaliff, Denis	McMaster University	7.50	2
12	Fernando, Chrisy	York University	7.51	2
13	Marchie, Augustine	University of Toronto	7.57	2

Men 300 Meter Run

Name	Team	Finals	H#	Points
1	Gamble, Dustin	University of Guelph	36.75	3
2	Stiver-Balla, Mat	York University	36.87	3
3	Mackinley, Michael	London Legion TC	37.06	2
4	Helmer-Peschier, Curtis	University of Guelph	37.10	1
5	Latham, Clayton	Unattached	37.19	11
6	Heath, Lavaughn	Project Athletics TC	37.39	2
7	Elien, Ken	University of Toronto TC	37.50	11
8	VanRossum, Adrian	University of Toronto TC	37.53	4
9	Marchie, Augustine	University of Toronto	37.63	3
10	Granillo, Elias	St.Thomas Legion Tfc	37.63	6
11	Waithe, Joshua	York University	38.15	8
12	Lee Fon, Mike	Unattached	38.22	1
13	Lemassif, Chris	University of Toronto TC	38.40	8
14	Robertson, Daryl	University of Guelph	38.42	6
15	Makarov, Mike	McMaster University	38.44	5
16	Nugent, John	Project Athletics TC	38.49	4
17	Bailey, Chafari	University of Toronto TC	38.66	2

Results**(Men 300 Meter Run)**

	Name	Team	Finals	H#	Points
18	Salmon, Socrates	McMaster University	38.73	4	
19	Brooks, Brandon	University of Guelph	38.98	4	
20	Lam-Peters, Marcus	University of Toronto TC	39.05	9	
21	Antwi, Michael	Project Athletics TC	39.19	5	
22	Coyne, Jared	St.Thomas Legion Tfc	39.41	8	
23	Trask, John	University of Guelph	39.56	6	
24	McClellan, Luke	University of Guelph	39.57	7	
25	George, Mark	Project Athletics TC	39.72	7	
26	Gabriel, Jermaine	University of Toronto TC	40.21	10	
27	Giannikouras, Tony	McMaster University	40.21	7	
28	Fernando, Chrisy	York University	40.32	9	
29	Baptiste, Joe	Unattached	41.31	7	
30	Goselik, Slava	McMaster University	41.83	9	
31	Liseron-Monfils, Christophe	University of Guelph	42.94	5	
32	Chapman, Omar	University of Toronto TC	43.09	10	
33	Yip, Chris	London Legion TC	43.37	11	

Men 600 Meter Run

	Name	Team	Finals	H#	Points
1	Gamble, Dustin	University of Guelph	1:22.90	1	
2	Brooks, Brandon	University of Guelph	1:25.08	1	
3	Millage, Jamie	Simon Frasier University	1:26.34	1	
4	Sherar, Mike	Toronto Olympic Club	1:27.62	2	
5	Trask, John	University of Guelph	1:28.01	2	
6	Bashucky, Mike	York University	1:28.53	1	
7	Wilson, Mitsuru	University of Toronto	1:29.18	2	
8	Orava, Matt	McMaster University	1:29.90	1	
9	Elien, Ken	University of Toronto TC	1:33.05	2	
10	Smith, Nick	York University	1:50.22	2	

Men 1000 Meter Run

	Name	Team	Finals	Points
1	Ristic, Stefan	York University	2:37.43	
2	Baker, Sean	McMaster University	2:39.17	
3	Mosher, Tommy	University of Guelph	2:44.58	
4	Smith, Nick	York University	3:12.63	

Men 1500 Meter Run

	Name	Team	Finals	Points
1	Tremain, Rich	Tri City TC	3:57.96	
2	Del Monte, Mike	University of Toronto TC	3:58.16	
3	Snider, Derek	University of Guelph	3:58.24	
4	Carvalho, Jose	University of Toronto TC	3:59.16	
5	Roundell, Josh	University of Guelph	3:59.75	
6	Parrott, John	University of Guelph	4:05.01	
7	Wilson, Darcy	Tri City TC	4:06.08	
8	Koziarski, Rob	University of Guelph	4:07.10	
9	Fleming, Noah	McMaster University	4:08.48	
10	Wojcik, Dan	McMaster University	4:09.01	
11	Macaulay, Angus	University of Guelph	4:10.35	
12	Douglas, Andrew	McMaster University	4:10.69	
13	Gibb, Rob	McMaster University	4:11.06	

Results**(Men 1500 Meter Run)**

	Name	Team	Finals	Points
14	Abbott, Larry	McMaster University	4:13.64	
15	Paquette, Maxime	University of Guelph	4:15.73	
16	Cote, Jordan	University of Guelph	4:16.16	
17	Belanger, Andrew	Tri City TC	4:17.09	
18	McCurry, Cory	McMaster University	4:17.36	
19	Cruickshank, Andrew	University of Toronto TC	4:18.18	
20	Ikram, Sohaib	Tri City TC	4:19.64	
21	Carson, John	Tri City TC	4:22.15	
22	Yuestas, David	York University	4:23.81	
23	Storey, Gary	Unattached	4:25.29	
24	Barakzay, Azim	Tri City TC	4:27.47	
25	Palahnyuk, Ihor	York University	4:31.05	
26	Feeny, Trevor	Tri City TC	4:48.96	
27	Wenger, Matt	Unattached	4:54.07	
28	Foster, Stephen	Unattached	5:05.04	

Men 3000 Meter Run

	Name	Team	Finals	Points
1	Berkis, Anthony	Toronto Olympic Club	8:58.48	
2	Carvalho, Jose	University of Toronto TC	8:59.70	
3	Yohannes, Selam	University of Toronto TC	9:00.18	
4	Murray, Cody	University of Guelph	9:05.71	
5	Parrott, John	University of Guelph	9:18.95	
6	Henry, Ethan	Toronto Olympic Club	10:17.77	
7	Wilson, Mitsuru	University of Toronto	10:19.05	

Men 60 Meter Hurdles

	Name	Team	Prelims	H#
Preliminaries				
1	Allen, Charles	Ottawa Lions	8.08 q	1
2	VandenDool, Andrew	St.Thomas Legion Tfc	8.25 q	2
3	Graham, Andrew	London Legion TC	8.48 q	2
4	Ryder, Jamie	London Legion TC	8.55 q	2
5	Hindz, Karam	University of Western Ontario	8.96 q	2
6	Lopatowski, Mike	University of Toronto TC	9.05 q	2
7	Roth, Austin	London Legion TC	9.19 q	2
8	Gabriel, Jermaine	University of Toronto TC	9.41 q	2
9	Makarov, Mike	McMaster University	9.79	1
10	Giannikouras, Tony	McMaster University	9.84	1
11	Francis, Jafari	University of Toronto	10.29	1

Men 60 Meter Hurdles

	Name	Team	Finals	Points
Finals				
1	Allen, Charles	Ottawa Lions	7.95	
2	VandenDool, Andrew	St.Thomas Legion Tfc	8.30	
3	Ryder, Jamie	London Legion TC	8.43	
4	Graham, Andrew	London Legion TC	8.81	
5	Hindz, Karam	University of Western Ontario	8.87	
6	Gabriel, Jermaine	University of Toronto TC	9.17	
7	Makarov, Mike	McMaster University	9.32	

Results**Men 4x200 Meter Relay**

Team	Relay	Finals	Points
1 University of Guelph	A	1:36.48	
2 Project Athletics TC	A	1:38.54	
3 University of Toronto TC	A	1:39.83	
4 McMaster University	A	1:40.43	

Men 4x400 Meter Relay

Team	Relay	Finals	Points
1 University of Guelph	A	3:40.99	

Men 4x800 Meter Relay

Team	Relay	Finals	Points
1 University of Guelph	A	8:05.95	
2 University of Guelph	B	8:08.79	
3 Tri City TC	A	8:14.58	

Men High Jump

Name	Team	Finals	Points
1 Witmer, Alex	Kitchener Waterloo TC	2.06m	
2 Bowry, Jharyl	Take Flight Athletics	J2.06m	
3 Lopatowski, Mike	University of Toronto TC	1.95m	
4 Webb, Jeff	Niagara Regional Athletics	1.90m	
5 Lauzon, Jay	Niagara Regional Athletics	1.75m	
--- Abou Saleh, Jamil	University of Waterloo	NH	

Men Pole Vault

Name	Team	Finals	Points
1 Buller, Russ	Unattached	5.50m	
2 Wilson, Kristian	London Legion TC	4.85m	
3 Zubyck, Todd	York University	4.40m	
3 Moon, Donald	London Legion TC	4.40m	
5 Debus, Andrew	University of Guelph	3.95m	
5 Lopatowski, Mike	University of Toronto TC	3.95m	
--- Swan, Gavin	University of Guelph	NH	
--- Hayoe, Jeff	York University	NH	
--- Vaughan, Richard	McMaster University	NH	

Men Long Jump

Name	Team	Finals	Points
1 Warner, Damian	London Legion TC	6.89m	
2 Bowry, Jharyl	Take Flight Athletics	6.85m	
3 Holness, Sheldon	Over the Top TC	6.75m	
4 Holdik-Siu, Nick	McMaster University	6.58m	
5 St. Bernard, David	York University	6.37m	
6 Tyson, Shemon	Flying Angels TC	6.08m	
7 Webb, Jeff	Niagara Regional Athletics	6.00m	
8 Lauzon, Jay	Niagara Regional Athletics	5.98m	
9 Schwoob, Eric	Niagara Regional Athletics	5.95m	
--- Makwene, Odon	Flying Angels TC	ND	

Men Triple Jump

Name	Team	Finals	Points
1 St. Bernard, David	York University	14.23m	
2 Tyson, Shemon	Flying Angels TC	14.10m	

Results**(Men Triple Jump)**

	Name	Team	Finals	Points
3	Haynes, Cornell	University of Guelph	13.16m	
4	Makwene, Odon	Flying Angels TC	12.90m	
5	Bowry, Jharyl	Take Flight Athletics	12.88m	
6	Holness, Sheldon	Over the Top TC	12.52m	

Men Shot Put

	Name	Team	Finals	Points
1	Helf, Kyle	York University	17.75m	
2	Deglitis, Gintas	Unattached	16.37m	
3	Szpak, Pat	McMaster University	15.64m	
4	Caramanico, Nick	York University	14.28m	
5	Pignataro, Jared	University of Guelph	13.79m	
6	Willems, Owen	McMaster University	13.40m	
7	McCrank, Dustin	University of Guelph	12.51m	
---	Georgewell, Suyi	York University	ND	

Men Weight Throw

	Name	Team	Finals	Points
1	Willems, Owen	McMaster University	16.57m	
2	Anisko, Damian	York University	15.78m	
3	McCrank, Dustin	University of Guelph	15.62m	
4	Pignataro, Jared	University of Guelph	13.23m	