

37th Blue & Gold Intrasquad
Dennis Fairall Fieldhouse - 12/4/2017 to 12/5/2017
Results

Women 60 Meter Dash

Intrasquad: 7.60 * 2010 **Noelle Montcalm**
USports: 7.56 !

Name	School	Prelims
Preliminaries		
1 Kelsey Balkwill	Windsor	7.73q
2 Jasmine Hurst	Windsor	7.89q
3 Alexia Lamothe	Windsor	7.92q
4 Courtney Rivait	Unattached	7.93q
5 Jermeka Castello	Windsor	7.94q
6 Rachael Wolfs	UWindsor AC	8.01q
7 Kelly Hodgins	Windsor	8.08q
8 Taryn Lamorie	Windsor	8.15
9 Kristy Hodgins	Windsor	8.18
10 Stephanie Shaw	Windsor	8.21
11 Sarah Mitton	Windsor	8.28
12 Emma Floris	Windsor	8.30
13 Cheyann Labadie	Windsor	8.31
14 Natalie Coughlin	Windsor	8.36
15 Kylie Stiel	Windsor	8.37
16 Victoria Giroux	Windsor	8.57
17 Taylor Wilson	Windsor	8.57
18 Laura Acton	Windsor	8.65
19 Kaitlyn Stewart	Windsor	8.75
20 Sharon Ocheje	Windsor	8.80
21 Alison Robinson	Windsor	9.03
22 Jessica Paglia	Windsor	9.07
23 Mary-Beth Kester	Windsor	9.26
24 Rachel Crawley	Windsor	9.28
25 Chelsea Viselli	Windsor	9.30
26 Bridget Taylor	Windsor	9.65

Women 60 Meter Dash

Intrasquad: 7.60 * 2010 **Noelle Montcalm**
USports: 7.56 !

Name	School	Finals
Finals		
1 Kelsey Balkwill	Windsor	7.69
2 Jermeka Castello	Windsor	7.82
3 Jasmine Hurst	Windsor	7.91
4 Courtney Rivait	Unattached	7.92
5 Alexia Lamothe	Windsor	7.96
6 Kelly Hodgins	Windsor	8.05
7 Rachael Wolfs	UWindsor AC	8.08

Women 300 Meter Dash

Intrasquad: 38.77 * 2012 **Noelle Moncalm**
USports: 39.23 !

Name	School	Finals
Finals		
1 Courtney Rivait	Unattached	39.82
2 Alexia Lamothe	Windsor	41.01
3 Kelly Hodgins	Windsor	41.49
4 Jermeka Castello	Windsor	41.75
5 Jasmine Hurst	Windsor	41.77
6 Kristy Hodgins	Windsor	41.86
7 Emma Floris	Windsor	42.30
8 Kylie Stiel	Windsor	43.29
9 Victoria Giroux	Windsor	44.08
10 Nia Holmes	Windsor	46.58

Women 600 Meter Run

Intrasquad: 1:34.28 * 1989 **Molly Killingbeck**
USports: 1:30.86 !

Name	School	Finals
Finals		
1 Kelsey Balkwill	Windsor	1:34.98
2 Stephanie Shaw	Windsor	1:38.67
3 Rachel Crawley	Windsor	1:44.10
4 Raban Mustapha	Windsor	2:07.73
5 Mary-Beth Kester	Windsor	2:19.48

Women 1000 Meter Run

Intrasquad: 2:59.93 * 2012 **Jen Corrick**
USports: 2:47.30 !

Name	School	Finals
Finals		
1 Rachel Crawley	Windsor	3:07.22
2 Fiona Rocheleau	Windsor	3:11.25
3 Chelsea Salter	Windsor	3:24.61

Women 1500 Meter Run

Intrasquad: 4:35.42 * 2015 **Stef Smith**
USports: 4:26.40 !

Name	School	Finals
Finals		
1 Stef Smith	Windsor	4:22.94!
2 Alison Robinson	Windsor	5:01.59
3 Mya Vialva	Windsor	5:16.02
4 Vanessa Cotter	Windsor	5:19.58
5 Chelsea Viselli	Windsor	5:20.45
6 Bridget Taylor	Windsor	5:25.41



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Women 3000 Meter Run

Intrasquad: 9:54.37 * 2015 Stef Smith
 USports: 9:29.22 !

Name	School	Finals
Finals		
1 Stef Smith	Windsor	9:23.89!
2 Vanessa Cotter	Windsor	11:20.04
3 Mya Vialva	Windsor	11:40.71
4 Bridget Taylor	Windsor	12:24.21

Women 60 Meter Hurdles

Intrasquad: 8.62 * 2010 Noelle Montcalm
 USports: 8.51 !

Name	School	Prelims
Preliminaries		
1 Oonagh Webster	Windsor	9.42q
2 Nia Holmes	Windsor	10.07q

Women 4x200 Meter Relay

USports: 1:40.30 !

Team	Relay	Finals
Finals		
1 University of Windsor	A	1:42.94
1) Kelsey Balkwill	2) Stephanie Shaw	
3) Kristy Hodgins	4) Alexia Lamothe	
2 University of Windsor	B	1:45.12
1) Jermeka Castello	2) Kelly Hodgins	
3) Jasmine Hurst	4) Emma Floris	
3 University of Windsor	C	1:51.36
1) Victoria Giroux	2) Taylor Wilson	
3) Kylie Stiel	4) Oonagh Webster	
--- University of Windsor	D	DNF
1) Cheyann Labadie	2) Nia Holmes	
3) Jessica Paglia	4) Victoria Webb	

Women High Jump

Intrasquad: 1.71m * 2010 Michelle Pierce
 USports: 1.71m !

Name	School	Finals
Finals		
1 Laura Acton	Windsor	1.58m
2 Olivia Grimshaw	Windsor	1.48m
3 Oonagh Webster	Windsor	J1.48m
4 Jasmine Hurst	Windsor	1.33m
5 Leanna Garcia	Windsor	1.28m
6 Natalie Coughlin	Windsor	1.13m
--- Kylie Stiel	Windsor	NH

Women Pole Vault

Intrasquad: 3.81m * 2017 Rachael Wolfs
 USports: 3.85m !

Name	School	Finals
Finals		
1 Rachael Wolfs	UWindsor AC	4.00m!
2 Emily Loebach	Unattached	3.10m

Women Long Jump

Intrasquad: 5.74m * 1996 Steph Gouin
 USports: 5.90m !

Name	School	Finals
Finals		
1 Taryn Lamorie	Windsor	5.41m
2 Sarah Mitton	Windsor	5.05m
3 Oonagh Webster	Windsor	5.03m
4 Laura Acton	Windsor	4.94m
5 Sharon Ocheje	Windsor	4.93m
6 Natalie Coughlin	Windsor	4.90m
7 Taylor Wilson	Windsor	4.87m
8 Cheyann Labadie	Windsor	4.62m
9 Stephanie Shaw	Windsor	4.57m
10 Kaitlyn Stewart	Windsor	4.42m
11 Mary-Beth Kester	Windsor	3.53m
12 Bridget Taylor	Windsor	2.96m
13 Chelsea Viselli	Windsor	2.90m
14 Rachel Crawley	Windsor	2.59m

Women Triple Jump

Intrasquad: 12.43m * 1993 Kelly Dinsmore
 USports: 11.88m !

Name	School	Finals
Finals		
1 Sharon Ocheje	Windsor	10.69m
2 Kaitlyn Stewart	Windsor	10.23m

Women Shot Put

Intrasquad: 14.79m * 2013 Celine Freeman-Gibb
 USports: 13.63m !

Name	School	Finals
Finals		
1 Sarah Mitton	Windsor	15.72m*
2 Mary-Beth Kester	Windsor	12.57m
3 Leanna Garcia	Windsor	12.16m
4 Tessah MacDowell	Windsor	9.73m
5 Raban Mustapha	Windsor	9.20m
6 Oonagh Webster	Windsor	8.72m
7 Jasmine Hurst	Windsor	8.23m
8 Kylie Stiel	Windsor	8.10m



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Results**Finals ... (Women Shot Put)**

Name	School	Finals
9 Rachael Wolfs	UWindsor AC	8.00m
10 Stephanie Shaw	Windsor	7.92m
11 Olivia Grimshaw	Windsor	7.11m
12 Kristy Hodgins	Windsor	6.38m
13 Bridget Taylor	Windsor	5.93m
14 Emma Floris	Windsor	5.89m
15 Kelly Hodgins	Windsor	5.03m
16 Chelsea Viselli	Windsor	4.77m
17 Victoria Giroux	Windsor	4.67m
18 Rachel Crawley	Windsor	4.61m

Women Weight Throw

Intrasquad: 17.10m * 2014 Jill VanDamme

USports: 16.81m !

Name	School	Finals
1 Sarah Mitton	Windsor	17.34m*
2 Leanna Garcia	Windsor	14.43m
3 Raban Mustapha	Windsor	12.08m
4 Mary-Beth Kester	Windsor	11.75m

Men 60 Meter Dash

Intrasquad: 6.83 * 2012 Aaron Bowman

USports: 6.87 !

Name	School	Prelims
1 Tyler MacLeod	Windsor	7.00q
2 Sesan Akerewusi	Windsor	7.11q
3 Jaiden Brown	Windsor	7.11q
4 Marcus Penaloza	Windsor	7.13q
5 Tyler Hopkins	Windsor	7.14q
6 Chris Kramer	Windsor	7.19q
7 Justin Rempillo	Windsor	7.20q
8 Rashid Archer	Windsor	7.24
9 Shawn Beaudoin	Windsor Legion T	7.27
10 Mathew McKeegan	Unattached	7.32
11 Juba Aliu	Windsor	7.34
12 Delton Abbensetts	Windsor	7.35
13 Justus Cesar	Windsor	7.43
14 Jarrod Cullen	Windsor	7.48
15 Christian Conlon	Windsor	7.53
16 Ross Benn	Windsor	7.56
17 Daniel McArthur	Club 397	7.66
18 Tanner Sleep	Windsor	7.66
19 John Riley	Windsor	7.66
20 Nick MacMackin	Windsor	7.71
21 Augustine Soga	Unattached	7.71
22 Matthew McLaughlin	Fast Track	7.76

23 Brad-Lee Bulluch	Club 397	7.76
24 Curtis Holness	Windsor	7.77
25 Nicholas Bohn	Windsor	7.93
26 Alex Needs	Windsor	7.97
27 Kyle Landry	Club 397	8.63

Men 60 Meter Dash

Intrasquad: 6.83 * 2012 Aaron Bowman

USports: 6.87 !

Name	School	Finals
1 Jaiden Brown	Windsor	7.11
2 Tyler MacLeod	Windsor	7.11
3 Marcus Penaloza	Windsor	7.18
4 Sesan Akerewusi	Windsor	7.19
5 Tyler Hopkins	Windsor	7.20
6 Justin Rempillo	Windsor	7.25
7 Chris Kramer	Windsor	7.31

Men 300 Meter Dash

Intrasquad: 34.28 * 1996 O'Brian Gibbons

USports: 34.39 !

Name	School	Finals
1 Chris Kramer	Windsor	35.43
2 Marcus Penaloza	Windsor	35.49
3 Jarrod Cullen	Windsor	35.51
4 Jaiden Brown	Windsor	35.73
5 Tyler Hopkins	Windsor	36.20
6 Tanner Sleep	Windsor	36.70
7 Mathew McKeegan	Unattached	36.73
8 Matthew McLaughlin	Fast Track	37.18
9 Shawn Beaudoin	Windsor Legion T	37.29
10 Mitchell Paterson	Windsor	37.34
11 Justus Cesar	Windsor	37.41
12 Christian Conlon	Windsor	37.63
13 Sesan Akerewusi	Windsor	37.72
14 John Riley	Windsor	37.82
15 Rashid Archer	Windsor	38.24
16 Delton Abbensetts	Windsor	38.65
17 Daniel McArthur	Club 397	39.48
18 Curtis Holness	Windsor	39.77
19 Brad-Lee Bulluch	Club 397	41.28
20 Nicholas Bohn	Windsor	41.55



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Results

Men 600 Meter Run

Intrasquad: 1:21.50 * 1993 Steve Radovich

USports: 1:19.84 !

Name	School	Finals
Finals		
1 Mitchell Paterson	Windsor	1:22.24
2 Jarrod Cullen	Windsor	1:22.74
3 Brandon Sellers	Windsor	1:25.52
4 Tanner Sleep	Windsor	1:27.26
5 Matthew McLaughlin	Fast Track	1:34.71
6 Jaiden Brown	Windsor	1:40.21
7 Mathew McKeegan	Unattached	1:41.58
8 Chris Kramer	Windsor	1:41.99

Men 1000 Meter Run

Intrasquad: 2:25.39 * 2013 Corey Bellemore

USports: 2:24.98 !

Name	School	Finals
Finals		
1 Nick MacMackin	Windsor	2:31.20
2 Cole Hannam	Windsor	2:34.09
3 Mitchell Paterson	Windsor	2:35.34
4 Tadeusz Czubernat	Windsor	2:39.05

Men 1500 Meter Run

Intrasquad: 3:53.20 * 2017 Nick MacMackin

USports: 3:49.84 !

Name	School	Finals
Finals		
1 Nick MacMackin	Windsor	3:57.13
2 Joe Kagumba	Windsor	3:59.12
3 Shawn Master	UWindsor AC	4:01.90
4 Andrew Nebel	Windsor	4:06.10
5 Josh Zilles	Windsor	4:06.54
6 Joshua Martin	Windsor	4:11.71
7 Brendan Heikkinen	Windsor	4:12.43
8 Brendan Simone	Windsor	4:12.83
9 Mitch Heyink	Windsor	4:14.07
10 Nicholas Neri	Windsor	4:18.44
11 Mitchell Cauchi	Windsor	4:18.52
12 Ryan Banks	Windsor	4:20.61
13 Zach Staffell	Windsor	4:51.29

Men 3000 Meter Run

Intrasquad: 8:16.67 * 2017 Corey Bellemore

USports: 8:16.02 !

Name	School	Finals
Finals		
1 Corey Bellemore	UWindsor AC	8:11.29!

2 Andrew Nebel	Windsor	8:32.88
3 Joe Kagumba	Windsor	8:35.29
4 Michael Pesce	Windsor	8:45.12
5 Justin Bellemore	UWindsor AC	8:56.01
6 Brendan Simone	Windsor	8:56.62
7 Joshua Martin	Windsor	8:58.48
8 Josh Zilles	Windsor	8:58.54
9 Jacob Rothera	Windsor	9:00.62
10 Mitch Heyink	Windsor	9:10.14
11 Derek Hick	Windsor	9:12.99
12 Ryan Banks	Windsor	9:17.89
13 Brendan Heikkinen	Windsor	9:18.16
14 Mitchell Cauchi	Windsor	9:31.70
15 Nicholas Neri	Windsor	9:32.58
16 Zach Staffell	Windsor	10:12.52
--- Shawn Master	UWindsor AC	DNF

Men 4x200 Meter Relay

USports: 1:29.11 !

Team	Relay	Finals
Finals		
1 University of Windsor	A	1:29.78
1) Tyler Hopkins	2) Chris Kramer	
3) Jaiden Brown	4) Jarrod Cullen	
2 University of Windsor	B	1:33.95
1) Sesan Akerewusi	2) Rashid Archer	
3) Tanner Sleep	4) Delton Abbensetts	
3 University of Windsor	C	1:37.92
1) Justus Cesar	2) Christian Conlon	
3) Curtis Holness	4) Juba Aliu	
4 University of Windsor	D	1:41.85
1) John Riley	2) Brandon Sellers	
3) Nicholas Bohn	4) Augustine Soga	

Men High Jump

Intrasquad: 2.15m * 2011

Branden Wilhelm

USports: 2.06m !

Name	School	Finals
Finals		
1 Trevor Way	Windsor	1.88m
2 Sam Villa	Windsor	1.83m
3 Chris Waugh	UWindsor AC	1.73m
4 Clifford Sylvester	Windsor	J1.73m
5 Tanner Sleep	Windsor	1.68m
6 Augustine Soga	Unattached	1.63m
7 Ross Benn	Windsor	1.48m
8 Alex Needs	Windsor	1.43m
9 Jaiden Brown	Windsor	J1.43m
10 Ryan Banks	Windsor	1.28m
--- Jarrod Cullen	Windsor	NH



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Men Pole Vault

Intrasquad: 5.25m * 1988 Paul Babits
USports: 4.81m !

Name	School	Finals
Finals		
1 Ross Benn	Windsor	4.45m
--- Chris Waugh	UWindsor AC	NH
--- Brett Page	Windsor	NH

Men Long Jump

Intrasquad: 7.39m * 2017 Arren Young
USports: 7.14m !

Name	School	Finals
Finals		
1 Chris Kramer	Windsor	6.47m
2 Alex Needs	Windsor	6.05m
3 Ross Benn	Windsor	5.98m
4 Augustine Soga	Unattached	5.89m
5 Brad-Lee Bulluch	Club 397	5.79m
5 Chris Waugh	UWindsor AC	5.79m
7 Sam Villa	Windsor	5.64m
8 Christian Conlon	Windsor	5.62m
9 Juba Aliu	Windsor	5.24m
10 Cole Hannam	Windsor	5.16m
11 Daniel McArthur	Club 397	4.69m
12 Jaiden Brown	Windsor	4.65m
13 Nicholas Neri	Windsor	4.56m
14 Kyle Landry	Club 397	3.72m
--- Tyler MacLeod	Windsor	FOUL

Men Triple Jump

Intrasquad: 14.66m * 1998 Todd Crawford
USports: 14.64m !

Name	School	Finals
Finals		
1 Augustine Soga	Unattached	12.66m
2 Alex Needs	Windsor	12.05m
3 Brad-Lee Bulluch	Club 397	11.59m
4 Brandon Sellers	Windsor	11.11m

Men Shot Put

Intrasquad: 17.52m * 1997 Brad Snyder
USports: 16.36m !

Name	School	Finals
Finals		
1 Eli Pawliw	SISU Throws	17.09m!
2 Spencer Vanderlaan	Windsor	14.51m
3 Brett Boersma	Windsor	14.42m
4 Anthony Atkinson	Windsor	10.45m

5 Ross Benn	Windsor	10.24m
6 Trevor Way	Windsor	9.67m
7 Lucas Bonelli	Windsor	9.49m
8 Kyle Landry	Club 397	8.39m
9 Matthew McLaughlin	Fast Track	7.66m

Men Weight Throw

Intrasquad: 16.17m * 2017 Eli Pawliw
USports: 17.95m !

Name	School	Finals
Finals		
1 Anthony Atkinson	Windsor	13.39m
2 Lucas Bonelli	Windsor	10.26m
--- Spencer Vanderlaan	Windsor	FOUL

Mixed 4x200 Meter Relay

Intrasquad: 1:36.11 * 2009 BlueTeam

N Montcalm, D Harrison, C Reid, S Rice

Team	Relay	Finals
Finals		
1 Team Gold	A	1:37.95
1) Chris Kramer	2) Marcus Penalosa	
3) Stephanie Shaw	4) Jermeka Castello	
2 University of Windsor	A	1:39.57
1) Jaiden Brown	2) Mathew McKeegan	
3) Courtney Rivait	4) Alexia Lamothe	
3 University of Windsor	B	1:40.47
1) Kristy Hodgins	2) Jasmine Hurst	
3) Sesan Akerewusi	4) Justus Cesar	
4 Team Gold	B	1:41.57
1) Tanner Sleep	2) Matthew McLaughlin	
3) Oonagh Webster	4) Kelly Hodgins	
5 University of Windsor	C	1:44.70
1) Victoria Giroux	2) Cheyann Labadie	
3) Curtis Holness	4) John Riley	
6 University of Windsor	D	1:44.71
1) Natalie Coughlin	2) Kylie Stiel	
3) Nick MacMackin	4) Brandon Sellers	
7 Team Gold	C	1:47.11
1) Mitchell Paterson	2) Joe Kagumba	
3) Emma Floris	4) Sarah Mitton	
8 University of Windsor	E	1:49.54
1) Stef Smith	2) Nicholas Bohn	
3) Delton Abbensetts	4) Alison Robinson	
9 Team Gold	E	1:49.61
1) Christian Conlon	2) Rashid Archer	
3) Leanna Garcia	4) Laura Acton	
10 Team Gold	D	1:51.05
1) Sam Villa	2) Shawn Master	
3) Nia Holmes	4) Sharon Ocheje	



37th Blue & Gold Intrasquad
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Results

Finals ... (Mixed 4x200 Meter Relay)

	Team	Relay	Finals
11	Team Gold	G	1:58.65
	1) Mitchell Cauchi	2) Ryan Banks	
	3) Mya Vialva	4) Bridget Taylor	
12	Team Gold	F	2:00.80
	1) Anthony Atkinson	2) Lucas Bonelli	
	3) Kaitlyn Stewart	4) Chelsea Viselli	
13	Team Gold	H	2:01.58
14	University of Windsor	F	2:02.31
	1) Mary-Beth Kester	2) Rachel Crawley	
	3) Joshua Martin	4) Vanessa Cotter	

