

Licensed to Ottawa Lions T&F Club HY-TEK's Meet Manager 2018-06-27 09:09 PM  
 Ottawa Lions Twilight Meet #5 - 2018-06-27  
 Ottawa Lions Twilight Meet #5  
 Terry Fox Athletic Facility  
 Results

Women 100 M Open

Name	Year Team	Finals	Wind	H#	
Finals					
1 Gale, Lauren	00 Ottawa Lions	12.35	+0.0	1	
2 Williams, Jordanne	90 Unattached O	12.50	+0.0	1	
3 Richmond, Dacey	01 Kingston Tra	12.77	+0.0	1	
4 Gilmour, Audrey	03 Ottawa Lions	13.08	+0.0	1	
5 Munro, Ellie	03 Ottawa Lions	13.12	+0.0	1	
6 Bleu, Farah	Ottawa Lions	13.45	-0.4	2	
7 Nearing, Ashley	98 Ottawa Lions	13.52	+0.0	1	
8 Bernard, Lory	00 National Cap	13.75	-0.4	2	
9 Townend, Carlee	01 National Cap	13.77	-0.4	2	13.768
10 McCutcheon, Marissa	03 Ottawa Lions	13.77	-0.4	2	13.770
11 Fuchs, Bailey	03 Kingston Tra	14.08	-0.4	2	
12 Dimov, Maria	05 Ottawa Lions	14.22	-0.4	2	
13 Pellerin, Skye	02 Ottawa Lions	14.29	0.2	3	
14 Sharp, Samantha	04 Ottawa Lions	14.31	-0.4	2	
15 Marelic, Jalena	03 Ottawa Lions	14.41	-0.9	4	
16 Creelman, Shannon	04 National Cap	14.45	0.2	3	
17 McGuire, Alexis	06 Arnprior Dhs	14.49	0.2	3	
18 Boutilier, Shanna	96 Ottawa Lions	14.85	0.2	3	
19 Anderson, Gabrielle	04 Cirrus de Ga	15.05	0.2	3	
20 Tracy, Aurora	03 Ottawa Lions	15.34	0.2	3	
21 El-Khoury, Christina	03 Cirrus de Ga	15.48	0.2	3	
22 Fleurimond, Mya	05 Cirrus de Ga	15.54	-0.9	4	
23 McGuire, Jaidyn	06 Arnprior Dhs	15.60	-0.4	2	
24 Bourdoin, Roxanne	05 Cirrus de Ga	15.96	-0.9	4	
25 Nearing-Guibord, Dannett	61 Ottawa Lions	16.67	-0.9	4	
26 Picklyk, Ysabel	06 Cirrus de Ga	16.87	-0.9	4	

Women 200 M Open

Name	Year Team	Finals	Wind	H#	
1 Gale, Lauren	00 Ottawa Lions	25.19	0.2	1	
2 Williams, Jordanne	90 Unattached O	25.76	0.2	1	
3 Gould, Stephanie	94 Ottawa Lions	25.86	0.4	2	
4 Gardner, Charlotte	94 Ottawa Lions	26.12	0.2	1	
5 Richmond, Dacey	01 Kingston Tra	26.28	0.2	1	
6 Gilmour, Audrey	03 Ottawa Lions	26.75	0.4	2	
7 Munro, Ellie	03 Ottawa Lions	27.23	0.4	2	
8 Walton, Shannon	94 National Cap	27.41	0.4	2	
9 Crewe, Olivia	00 National Cap	27.77	0.2	3	
10 Nearing, Ashley	98 Ottawa Lions	27.82	0.4	2	
11 Hempstead, Lucy	01 C.A.N.I. Ath	28.33	0.4	2	
12 McCutcheon, Marissa	03 Ottawa Lions	28.47	-0.9	4	28.469
13 Giroux, Stephanie	90 Saint-Lauren	28.47	0.2	3	28.470
14 Pellerin, Skye	02 Ottawa Lions	29.01	-0.9	4	
15 Dimov, Maria	05 Ottawa Lions	29.29	0.2	3	
16 Barton, Kierah	02 Ottawa Lions	29.38	-0.9	4	
17 Bleu, Farah	Ottawa Lions	29.70	0.4	2	
18 Marelic, Jalena	03 Ottawa Lions	29.73	0.4	2	
19 Ayre, Katheryn	03 Ottawa Lions	29.86	0.2	3	
20 McGuire, Alexis	06 Arnprior Dhs	30.09	0.2	3	
21 Boutilier, Shanna	96 Ottawa Lions	30.13	0.2	3	

22	Sharp, Samantha	04	Ottawa Lions	30.35	-0.9	4
23	Brennan, Emily	04	Ottawa Lions	30.46	-0.9	4
24	Tyman, Elana	03	Ottawa Lions	30.63	-0.9	4
25	Murchison, Charlotte	04	Ottawa Lions	30.74	-0.9	4
26	Sheppard, Chase	05	Ottawa Lions	31.87	-0.1	5
27	Tracy, Aurora	03	Ottawa Lions	31.95	-0.1	5
28	Sweeney, Morgan	04	Ottawa Lions	32.89	-0.9	4
29	McGregor, Ellie	09	Ottawa Chris	33.65	-0.1	5
30	Zahirovich, Emily	03	Indépendant	34.51	-0.1	5
31	McGregor, Rachael	07	Nc:Ste Margu	36.42	-0.1	5

Women 800 M Open

Name	Year	Team	Finals
1	Clarke, Madison	95 Ottawa Lions	2:09.84
2	Aglot, Murielle	96 Saint-Lauren	2:18.46
3	Blair, Kara	98 Physi-Kult K	2:19.92
4	Champigni, Gabrielle	96 U de M	2:19.97
5	Marchand, Marie-Andree	94 Saint-Lauren	2:20.72
6	Walton, Shannon	94 National Cap	2:21.05
7	Jefferies, Meghan	01 Physi-Kult K	2:21.33
8	Bradley, Cassidy	04 Ottawa Lions	2:34.77
9	Maguire, Liz	66 Ottawa Lions	2:34.86
10	Wiseberg, Samantha	03 Ottawa Lions	2:35.10
11	Ferguson, Jill	00 C.A.N.I. Ath	2:35.41
12	Brennan, Emily	04 Ottawa Lions	2:36.01
13	Tyman, Elana	03 Ottawa Lions	2:36.38
14	Gillingham, Nikki	88 Ottawa Lions	2:37.59
15	Murchison, Charlotte	04 Ottawa Lions	2:39.28
16	Wagner, Claudia	69 Indépendant	2:39.65
17	Thompson, Amy	03 Ottawa Lions	2:44.61
18	Fleurimond, Mya	05 Cirrus de Ga	3:08.37
19	Picklyk, Ysabel	06 Cirrus de Ga	3:11.07
--	Maine, Julia	99 Ottawa Lions	DNF

Women 3000 M Open

Name	Year	Team	Finals
1	Blair, Kara	98 Physi-Kult K	10:25.20
2	St-Gelais, Sabrina	91 Saint-Lauren	10:28.65
3	Gravel, Noémie	97 Saint-Lauren	10:49.41
4	Bialowas, Ivy	03 Track East	10:53.73
5	Leroux, Alison	02 Cirrus de Ga	11:34.00

Women 5000 M Open

Name	Year	Team	Finals
1	Brennan, Becca	96 Ottawa Lions	18:37.06

Women 80 M Hurdles Open

Name	Year	Team	Finals	Wind
1	Biswal, Devyani	93 Ottawa Lions	11.20	-0.5
2	Ethier, Kim	68 Ottawa Lions	13.79	-0.5
3	Estwick, Leslie	60 Ottawa Lions	15.41	-0.5
4	Dimov, Maria	05 Ottawa Lions	15.76	-0.5
5	Murchison, Charlotte	04 Ottawa Lions	16.46	-0.5
6	Brennan, Emily	04 Ottawa Lions	16.64	-0.5

Women 100 M Hurdles Open

Name	Year	Team	Finals	Wind	H#	
1 Christie-Galloway, Kiera	99	Ottawa Lions	13.97	0.5	1	Height: 76cm
2 Anyia, Anesi	00	Ottawa Lions	15.60	1.2	2	Height: 84cm
3 Crewe, Olivia	00	National Cap	16.48	1.2	2	Height: 84cm
4 Gervais, Jenna	01	National Cap	16.65	1.2	2	Height: 84cm
5 Istead, Nicole	96	Ottawa Lions	18.69	0.5	1	Height: 76cm
6 Barton, Kierah	02	Ottawa Lions	19.82	0.5	1	Height: 76cm

Women 200 M Hurdles Open

Name	Year	Team	Finals	Wind
1 Naveang-Plouffe, Anne-Ma	04	Club D Athle	31.13	0.1
2 Fuchs, Bailey	03	Kingston Tra	32.18	0.1
3 Macphee, Julia	02	Ottawa Lions	32.69	0.1
4 Barton, Kierah	02	Ottawa Lions	33.93	0.1
5 Anderson, Gabrielle	04	Cirrus de Ga	37.32	0.1

Women 300 M Hurdles Open

Name	Year	Team	Finals	
1 Effenberger, Kaitlyn	02	Ottawa Lions	52.73	Height: 76cm
2 McCann, Hilary	98	Almonte Dist	54.79	Height: 76cm

Women 400 M Hurdles Open

Name	Year	Team	Finals	
1 Samuel, Sharelle	00	Ottawa Lions	1:01.65	Height: 76cm
2 Ollier, Mary	95	Ottawa Lions	1:03.44	Height: 76cm
3 Keogh, Emmanuelle	94	Ottawa Lions	1:03.48	Height: 76cm
4 Dahms, Marie-Eve	95	Ottawa Lions	1:05.14	Height: 76cm
5 Gould, Stephanie	94	Ottawa Lions	1:08.99	Height: 76cm
6 Leask, Stephanie	00	Ottawa Lions	1:10.54	Height: 76cm

Women High Jump Open

Name	Year	Team	Finals
1 Bitchoka, Barbara	96	C.A.N.I. Ath	1.80m
2 Naveang-Plouffe, Anne-Ma	04	Club D Athle	1.40m
3 Ayre, Katheryn	03	Ottawa Lions	1.30m
4 Bradley, Cassidy	04	Ottawa Lions	1.25m
5 Wiseberg, Samantha	03	Ottawa Lions	1.15m

Women Pole Vault Open

Name	Year	Team	Finals
1 Gagne, Annabelle	00	Ottawa Lions	3.45m
2 Nafaa, Claudine	95	Ottawa Lions	2.80m
3 Pantieras, Eleni	01	Ottawa Lions	J2.80m
4 Wojtyk, Amelia	03	Ottawa Lions	2.45m
5 Maine, Chloe	03	Ottawa Lions	2.05m
-- Scott, Emma	02	Ottawa Lions	NH

Women Long Jump Open

Name	Year	Team	Finals	Wind
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1	Ekeke, Chiamaka	01	National Cap	4.70m	0.7
2	Bernard, Lory	00	National Cap	4.44m	3.0
3	Ethier, Kim	68	Ottawa Lions	4.13m	0.6
4	Creelman, Shannon	04	National Cap	4.08m	0.3
5	McGuire, Jaidyn	06	Arnprior Dhs	3.60m	0.7
5	Wojtyk, Amelia	03	Ottawa Lions	3.60m	-0.3
7	Wagner, Claudia	69	Indépendant	3.56m	+0.0
8	Scott, Emma	02	Ottawa Lions	3.42m	-0.6
--	Fuchs, Bailey	03	Kingston Tra	FOUL	

Women Shot Put Open

Name	Year	Team	Finals		
1	Herter, Christina	97	Ottawa Lions	11.55m	Weight: 4kg
2	Effenberger, Kaitlyn	02	Ottawa Lions	11.42m	Weight: 3kg
3	Ethier, Kim	68	Ottawa Lions	10.70m	Weight: 3kg
4	MacMillan-Sayers, Grace		Ottawa Lions	10.47m	Weight: 4kg
5	Sweeney, Erin	02	Ottawa Lions	10.10m	Weight: 4kg
6	Gibbons, Hailey	02	Ottawa Lions	9.57m	Weight: 3kg
7	Istead, Nicole	96	Ottawa Lions	8.12m	Weight: 4kg

Women Discus Throw Open

Name	Year	Team	Finals	
1	Herter, Christina	97	Ottawa Lions	34.64m
2	Sweeney, Erin	02	Ottawa Lions	28.06m
3	Gibbons, Hailey	02	Ottawa Lions	27.26m

Men 100 M Open

Name	Year	Team	Finals	Wind	H#
1	Halog, Jonelle	95	C.A.N.I. Ath	11.08	-0.1 1
2	Ben-Smith, Bertwin	97	Ottawa Lions	11.16	-0.1 1
3	Carrington, Marcus	97	C.A.N.I. Ath	11.19	-0.1 1
4	Songmere, Harold	01	C.A.N.I. Ath	11.26	-0.1 1
5	Sassi, Philip	96	Saint-Lauren	11.39	-0.1 1
6	Landon, Dillon	02	C.A.N.I. Ath	11.53	-0.1 1
7	Ross, Conor	98	Ottawa Lions	11.64	-0.4 2
8	Enyeka, Enoc	00	Unattached	11.71	-0.4 2
9	Ndinsil, Bedi	98	C.A.N.I. Ath	11.72	-0.4 2
10	Bryant, Zachary	02	Gisèle-Lalon	11.74	-0.1 1
11	Baptiste, Melchi	00	Unattached	11.82	-0.4 2
12	Augustin, Diderot	00	Unattached	11.89	-0.4 2
13	Dunning, Alexander Thund	98	C.A.N.I. Ath	12.04	-0.1 1
14	McHale, Shea	01	Ottawa Lions	12.05	-0.4 2
15	Tran, Donovan	03	Unattached	12.10	-0.4 2
16	Marier, Dominic	04	Ottawa Lions	12.55	+0.0 3
17	Forzley, Max	03	Ottawa Lions	12.67	+0.0 3
18	Lokesh, Naren	03	C.A.N.I. Ath	12.85	+0.0 3
19	Patterson, Aaron	90	Unattached O	12.86	+0.0 3
20	Patterson, Zachary	03	Ottawa Lions	12.90	+0.0 3
21	Pollock, Thomas	02	Ottawa Lions	12.99	+0.0 3
22	Cunningham, Neil	78	Ottawa Lions	13.28	+0.0 3
23	Adeleye, Daniel	05	Ottawa Lions	13.30	-0.1 4
24	Frost, Colby	02	Ottawa Lions	13.63	+0.0 3
25	Gagnon, Stephane	71	Indépendant	13.86	-0.1 4
26	Hamann, Cédric	05	Cirrus de Ga	14.24	-0.1 4
27	Laliberté, Alex	06	Cirrus de Ga	15.48	-0.1 4
28	Perreault, Antoine	06	Cirrus de Ga	15.91	0.7 5

29	Sieloff, Nicholas	07	Ottawa Lions	16.17	-0.1	4
30	Marcil-Gosselin, Paul	07	Cirrus de Ga	16.62	-0.1	4
31	Lajoie, Justin	06	Cirrus de Ga	17.32	0.7	5
32	Porras Gil, Mateo Alejan	05	Cirrus de Ga	23.74	0.7	5

Men 200 M Open

Name	Year	Team	Finals	Wind	H#		
1	Patterson, Bryson	95	C.A.N.I. Ath	22.08	+0.0	1	
2	Sassi, Philip	96	Saint-Lauren	22.83	+0.0	1	
3	Landon, Dillon	02	C.A.N.I. Ath	23.16	+0.0	1	
4	Adeleye, David	02	Ottawa Lions	23.21	-0.1	2	
5	Kokoroko, Arnold	94	Saint-Lauren	23.37	-0.1	2	
6	Collins, Alex	02	C.A.N.I. Ath	23.55	-0.1	2	
7	Chouinard, Simon	95	U de M	23.79	-0.1	2	
8	McHale, Shea	01	Ottawa Lions	23.80	-0.1	2	
9	Ndinsil, Bedi	98	C.A.N.I. Ath	23.84	+0.0	1	23.831
10	Pignatel, Corey	01	Carleton Pla	23.84	-0.4	3	23.840
11	Berube, Antoine	95	U de M	23.94	-0.1	2	
12	Frankowski, Sam	03	Ottawa Lions	24.00	0.1	4	
13	Adeli, Kevin	01	C.A.N.I. Ath	24.19	+0.0	1	
14	Baptiste, Melchi	00	Unattached	24.42	-0.4	3	
15	Bagate, Amara Ahmed	03	C.A.N.I. Ath	24.90	-0.4	3	
16	Williams, Lawrence	70	Ottawa Lions	25.00	-0.4	3	
17	Vukovic, Luka	98	Ottawa Lions	25.04	-0.4	3	
18	Marier, Dominic	04	Ottawa Lions	25.78	-0.4	3	
19	Patterson, Aaron	90	Unattached O	26.11	0.1	4	
20	Lokesh, Naren	03	C.A.N.I. Ath	26.44	0.1	4	
21	George, Max	02	C.A.N.I. Ath	26.52	0.1	4	
22	Carty, Xavier	03	Ottawa Lions	26.74	0.1	5	
23	Cunningham, Neil	78	Ottawa Lions	28.21	0.1	4	
24	Zahirovich, Mooshie	64	Indépendant	28.67	0.1	5	
25	Gagnon, Stephane	71	Indépendant	28.90	0.1	5	
26	Van Der Laan, Joshua	04	Ottawa Lions	29.52	0.1	4	
27	Akinlolu, Ariyo	05	J.H. Putman	30.83	0.1	5	
28	Sieloff, Nicholas	07	Ottawa Lions	35.09	0.1	5	

Men 800 M Open

Name	Year	Team	Finals	
1	Hebert, Matt	00	Ottawa Lions	1:58.64
2	Rioux, Jonathan	00	Ottawa Lions	1:59.27
3	Chiagee, Xavier	01	Les Coureurs	2:03.01
4	Meredith, Zachary	02	Ottawa Lions	2:03.79
5	Moricz, Vincent	97	Ottawa Lions	2:04.89
6	Pollock, Thomas	02	Ottawa Lions	2:05.34
7	Meredith, Yannick	04	Ottawa Lions	2:07.16
8	McGrath, Keaton	03	Ottawa Lions	2:08.03
9	Brohman, Charlie	98	C.A.N.I. Ath	2:09.45
10	Frost, Colby	02	Ottawa Lions	2:12.29
11	Egan, William	03	Opeongo HS -	2:15.68
12	Ferguson, Kyle	79	Ottawa Lions	2:17.55
13	Muir, Robert	68	Ottawa Lions	2:18.99
14	Van Der Laan, Joshua	04	Ottawa Lions	2:20.88
15	Iadurantaye, Logan	05	Ottawa Lions	2:29.28
16	Zahirovich, Mooshie	64	Indépendant	2:31.79
17	Hamann, Cédric	05	Cirrus de Ga	2:34.04
18	Egan, Jack	05	Opeongo HS -	2:39.24
19	Perreault, Antoine	06	Cirrus de Ga	2:49.87
20	Lajoie, Justin	06	Cirrus de Ga	2:54.46
21	Marcil-Gosselin, Paul	07	Cirrus de Ga	3:53.51

## Men 3000 M Open

Name	Year Team	Finals
1 Fast, Joe	02 Ottawa Lions	8:38.30
2 Kinahan, Samuel	97 UTTC	8:39.10
3 Stoppa, Jonathan	99 Les Coureurs	8:45.27
4 Fournier, Adrian	00 Ottawa Lions	8:48.19
5 Favero, Jonathan	Unattached	9:13.67
6 Holton, Leo	00 Ottawa Lions	9:33.84
7 Martin, Charles-Etienne	92 U de M	9:36.47
8 Frenette, Gilles	76 Ottawa Lions	11:09.89

## Men 5000 M Open

Name	Year Team	Finals
1 Roberts, Nicholas	98 Ottawa Lions	16:00.43
2 Kalab, Adam	99 Laurentian V	20:09.82
-- de Jong, Garrett	Unattached	DNF

## Men 100 M Hurdles Open

Name	Year Team	Finals	Wind	
1 Carty, Xavier	03 Ottawa Lions	15.59	0.5	Height: 76cm

## Men 110 M Hurdles Open

Name	Year Team	Finals	Wind	H#	
1 Adeleye, David	02 Ottawa Lions	15.42	-0.7	1	Height: 91cm
2 Miguel, Paulo	94 Saint-Lauren	15.65	-1.0	2	Height: 107cm
3 Adeli, Kevin	01 C.A.N.I. Ath	15.74	-0.7	1	Height: 99cm
4 Collins, Alex	02 C.A.N.I. Ath	15.77	-0.7	1	Height: 91cm
5 Tavernier, Telvin	93 Ottawa Lions	16.67	-1.0	2	Height: 107cm

## Men 300 M Hurdles Open

Name	Year Team	Finals	
1 Forzley, Max	03 Ottawa Lions	45.47	Height: 76cm
2 Dolliver, Kyle	03 Carleton Pla	46.36	Height: 76cm
3 Carty, Xavier	03 Ottawa Lions	48.31	Height: 76cm
4 Bertels, Peter	04 Ottawa Lions	49.16	Height: 76cm

## Men 400 M Hurdles Open

Name	Year Team	Finals	
1 Nonez, Fabrice	02 Ottawa Lions	1:06.50	Height: 91cm

## Men High Jump Open

Name	Year Team	Finals
1 Sindayizeruka, Olivier	Unattached	1.75m
2 Akinlolu, Ariyo	05 J.H. Putman	1.30m

## Men Pole Vault Open

Name	Year Team	Finals
1 Seguin, Brennan	99 Blackadder P	4.55m
2 Tavernier, Telvin	93 Ottawa Lions	4.35m
3 Nault, Kevin	94 Ottawa Lions	3.85m
4 Knapp, Wyatt	02 Unattached	3.45m

Men Long Jump Open

Name	Year Team	Finals	Wind
1 Mitchell, Eric	99 National Cap	6.38m	-0.3
2 Betancourt, Eduardo	00 C.A.N.I. Ath	6.23m	-0.5
3 Van Der Laan, Joshua	04 Ottawa Lions	4.15m	+0.0
4 Fitzshaw, Bruce	69 Ottawa Lions	1.63m	0.6

Men Shot Put Open

Name	Year Team	Finals	
1 Ovington, Brandon	01 Ottawa Lions	14.23m	Weight: 6kg
2 Slepica, Jim	57 Elite Athlet	13.54m	Weight: 5kg
3 McArdle, Aaron	02 Ottawa Lions	12.57m	Weight: 5kg
4 Emode, Mark	95 Unattached O	11.30m	Weight: 7.26kg
5 Stackpole, Logan	02 Ottawa Lions	11.07m	Weight: 5kg
6 Jeffery, Alec	98 Ottawa Lions	10.84m	Weight: 7.26kg
7 Forzley, Max	03 Ottawa Lions	8.95m	

Men Discus Throw Open

Name	Year Team	Finals	
1 Jeffery, Alec	98 Ottawa Lions	43.17m	Weight: 2kg
2 Ovington, Brandon	01 Ottawa Lions	42.22m	Weight: 1.75kg
3 McArdle, Aaron	02 Ottawa Lions	35.90m	Weight: 1.5kg
4 Pincombe, Tom	U de M	35.89m	Weight: 2kg
5 Emode, Mark	95 Unattached O	32.99m	Weight: 2kg
-- Stackpole, Logan	02 Ottawa Lions	FOUL	

Mixed 4x100 M Relay Open

Team	Finals
1 The Flying Squirrels 'A'	50.64
2 Trackies 'A'	1:00.50
3 Cirrus de Gatineau 'B'	1:00.70
4 Cirrus de Gatineau 'A'	1:04.55
5 The Cubs 'A'	1:08.23
6 Cirrus de Gatineau 'C'	1:09.45