

Ottawa Lions Twilight Meet #5 - 2020-08-19**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 1 Women 100 Meter Dash Open**

Facility: F 11.20 2017-07-07 Crystal Emmanuel, Flying Angels

Twilight: T 11.60 2008-08-16 Genevieve Thibault, Laval

Club: C 11.49 2016-06-04 Farah Jacques, Ottawa Lions

Name	Year	Team	Finals	Wind	H#	Points
Finals						
1 Maxwell, Nyoka	97	C.A.N.I. Athletics	12.18	0.7	1	
2 Manor, Kathryn	03	Ottawa Lions T.F.C.	12.54	0.7	1	
3 Adeshida, Yulia	04	Les Coureurs	12.86	1.5	2	
4 Larkan, Robyn	05	Durham Drago	13.01	0.7	1	
5 Ejaife, Naomi	02	C.A.N.I. Athletics	13.18	1.5	2	
6 Jovic, Helena	01	Ottawa Lions T.F.C.	13.29	0.7	1	
7 Teixeira Lussier, Frédéric	04	Lachine	13.39	1.5	2	
8 Edward, Naomie	04	Lachine	13.41	1.3	3	
9 Dupuis, Natacha	79	Ottawa Lions T.F.C.	13.72	1.0	4	
10 Sharp, Samantha	04	Ottawa Lions T.F.C.	13.76	1.3	3	
11 Ogedengbe, Christwill	05	Ottawa Lions T.F.C.	13.83	1.3	3	
12 McCutcheon, Marissa	03	Ottawa Lions T.F.C.	13.92	1.0	4	
13 Alexis, Wendy	55	Ottawa Lions T.F.C.	14.05	1.0	4	
14 Porter, Gillian	04	Ottawa Lions T.F.C.	14.10	0.3	5	
15 Cowan, Anna	04	Les Coureurs	14.13	0.7	7	
16 Morris, Jennifer	73	Ottawa Lions T.F.C.	14.18	1.0	4	
17 Pender, Tatiana	05	Ottawa Lions T.F.C.	14.22	0.3	5	
18 Dewar, Allison	05	Ottawa Lions T.F.C.	14.50	0.3	5	
19 Dimov, Maria	05	Ottawa Lions T.F.C.	14.58	0.3	5	
20 Opaleye, Oreoluwa	06	Ottawa Lions T.F.C.	14.62	0.6	6	
21 Boyer, Lydia	05	Lachine	14.79	0.7	7	
22 Boutilier, Shanna T46	96	Ottawa Lions T.F.C.	14.91	0.6	6	
23 Duetta, Miah	05	Ottawa Lions T.F.C.	14.95	0.6	6	
24 Savoie, Ava	04	Ottawa Lions T.F.C.	15.80	0.6	6	
25 Nearing-Guibord, Danette	61	Ottawa Lions T.F.C.	17.60	0.7	7	
26 Bishop-Nriagu, Melissa	88	Nike	17.63	0.7	7	
27 Abran, Katty T54;F54	70	London Legio	19.19	0.3	9	

Event 2 Men 100 Meter Dash Open

Facility: F 10.11 2017-07-07 Andre Degrasse, Speed Academy

Twilight: T 10.32 2016-07-28 Oluwasegun Makinde, Ottawa Lions

Club: C 10.10 1994-08-22 Glenroy Gilbert, Ottawa Lions

Name	Year	Team	Finals	Wind	H#	Points
1 Patterson, Bryson	95	C.A.N.I. Athletics	10.94	0.7	1	
2 Kollie, Dorbor	98	C.A.N.I. Athletics	11.02	+0.0	2	
3 Halog, Jonelle	95	C.A.N.I. Athletics	11.12	0.7	1	
4 Ben-Smith, Bertwin	97	Guelph Track	11.13	0.7	1	
5 Ingram, Austin T13;F13	02	Les Coureurs	11.15	0.7	1	
6 Collins, Alexander	02	C.A.N.I. Athletics	11.20	+0.0	2	
7 Adeleye, David	02	Ottawa Lions T.F.C.	11.26	0.2	6	
8 Hassan, Dani	03	C.A.N.I. Athletics	11.30	+0.0	2	
9 Nicoletti, Luca	04	Ottawa Lions T.F.C.	11.59	0.2	6	
10 Vukovic, Luka	98	Ottawa Lions T.F.C.	11.65	0.3	3	11.644
11 Gazemar, Antonin	97	Unattached	11.65	0.6	7	11.650
12 Bryant, Zach	02	Ottawa Lions T.F.C.	11.71	+0.0	2	
13 Leger, Zacharie	01	Ottawa Lions T.F.C.	11.87	0.3	3	

Ottawa Lions Twilight Meet #5 - 2020-08-19**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****....Event 2 Men 100 Meter Dash Open**

14 Lamoureux, Damien	93 Gatineau	11.97	0.3	3
15 Gauthier, Cole	02 Les Coureurs	12.01	0.7	4
16 Robinson, Jack	02 Les Coureurs	12.02	0.3	3
17 Nonez, Fabrice	02 Ottawa Lions T.F.C.	12.25	0.7	4
18 Wilson, Devonté	06 Ottawa Lions T.F.C.	12.56	0.7	4
19 Adeleye, Daniel	05 Ottawa Lions T.F.C.	12.57	1.1	5
20 Meyer, Valentin	05 Lachine	12.85	0.6	7
21 Scott, Carter	05 Beckwith Ath	12.87	0.2	6
22 Granchelli, Justin	04 Ottawa Lions T.F.C.	12.92	1.1	5
23 Cunningham, Neil	78 Ottawa Lions T.F.C.	13.01	1.1	5
24 Rinker, Eli	05 Ottawa Lions T.F.C.	13.22	1.1	5
25 Wheeler, Dyllan	07 Unattached Ontario	14.09	0.6	7
26 Sani, Marino	60 Ottawa Lions T.F.C.	14.23	0.2	6
27 Ramsaran, Marcus	04 Ottawa Lions T.F.C.	14.35	0.6	7

Event 3 Women 200 Meter Dash Open

=====
 Facility: F 22.74 2018-07-08 Crystal Emmanuel, Flying Angels
 Twilight: T 23.36 2008-06-18 Adrienne Power, Halifax Athletics
 Club: C 23.21 2016-03-31 Farah Jacques, Ottawa Lions

Name	Year Team	Finals	Wind	H#	Points
1 Maxwell, Nyoka	97 C.A.N.I. Athletics	24.86	-0.2	1	
2 Manor, Kathryn	03 Ottawa Lions T.F.C.	26.57	-0.2	1	
3 Lu Langley, Vanessa	02 Ottawa Lions T.F.C.	27.09	-0.3	2	
4 Dundas, Stephanie	05 Durham Drago	27.54	-0.3	2	
5 Bell, Frédérique	03 Gatineau	27.88	-0.3	3	
6 Allen, Dani	05 Durham Drago	28.16	-0.2	1	28.159
7 Selkirk, Robin	03 Unattached Ontario	28.16	-0.3	3	28.160
8 Dupuis, Natacha	79 Ottawa Lions T.F.C.	28.67	-0.3	3	
9 McCutcheon, Marissa	03 Ottawa Lions T.F.C.	28.70	+0.0	4	
10 Sharp, Samantha	04 Ottawa Lions T.F.C.	28.77	-0.3	3	
11 Pender, Tatiana	05 Ottawa Lions T.F.C.	29.15	+0.0	4	
12 Ejaife, Naomi	02 C.A.N.I. Athletics	29.42	-0.3	2	
13 Courteau, Vienna	03 Ottawa Lions T.F.C.	29.43	+0.0	4	
14 Alexis, Wendy	55 Ottawa Lions T.F.C.	29.66	+0.0	5	
15 Osborne, Manon	74 Gatineau	29.83	0.1	6	
16 Dewar, Allison	05 Ottawa Lions T.F.C.	30.02	+0.0	5	
17 Opaleye, Oreoluwa	06 Ottawa Lions T.F.C.	30.04	0.1	6	
18 Boyer, Lydia	05 Lachine	30.13	0.2	7	
19 Ogedengbe, Christwill	05 Ottawa Lions T.F.C.	30.39	+0.0	4	
20 Boutillier, Shanna T46	96 Ottawa Lions T.F.C.	30.82	+0.0	5	
21 Matte, Lily	05 Gatineau	30.86	+0.0	5	
22 Duetta, Miah	05 Ottawa Lions T.F.C.	31.19	0.2	7	
23 Savoie, Ava	04 Ottawa Lions T.F.C.	33.72	0.2	7	
24 Bishop-Nriagu, Melissa	88 Nike	35.52	0.2	7	
25 Abran, Katty T54;F54	70 London Legio	36.71	+0.0	9	

Ottawa Lions Twilight Meet #5 - 2020-08-19**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 4 Men 200 Meter Dash Open**

Facility: F 20.17 2018-07-08 Aaron Brown, Phoenix Athletics

Twilight: T 20.74 1999-07-14 Bruny Surin, Nike

Club: C 20.37 1993-06-02 Glenroy Gilbert, Ottawa Lions

Name	Year	Team	Finals	Wind	H#	Points
1 Nicoletti, Luca	04	Ottawa Lions T.F.C.	23.27	+0.0	3	
2 Robinson, Samuel	03	Ottawa Lions T.F.C.	23.35	+0.0	1	23.344
2 Manuel, Alex	94	Ottawa Lions T.F.C.	23.35	+0.0	1	23.346
4 Pinnock, Michael	00	Ottawa Lions T.F.C.	23.38	+0.0	2	
5 Vukovic, Luka	98	Ottawa Lions T.F.C.	23.44	+0.0	3	
6 Bassole, Yves	99	C.A.N.I. Athletics	23.60	+0.0	2	23.595
6 Kukla-Colby, Thomas	04	Ottawa Lions T.F.C.	23.60	0.1	4	23.591
6 Leger, Zacharie	01	Ottawa Lions T.F.C.	23.60	+0.0	3	23.597
9 Ajayi, Femi	97	Ottawa Lions T.F.C.	23.86	+0.0	2	
10 Cote, Sebastien	00	C.A.N.I. Athletics	24.07	0.1	4	
11 Wallner, Leo	03	Ottawa Lions T.F.C.	24.19	-0.2	5	
12 Hassan, Dani	03	C.A.N.I. Athletics	24.28	+0.0	3	
13 Lamoureux, Damien	93	Gatineau	24.70	0.1	4	
14 Gauthier, Cole	02	Les Coureurs	24.75	-0.2	5	
15 Bouma, Phoenix	03	Ottawa Lions T.F.C.	25.05	0.1	6	
16 Robinson, Jack	02	Les Coureurs	25.23	0.1	4	
17 Taylor, Andrew	03	Ottawa Lions T.F.C.	25.30	-0.2	5	
18 Wilson, Devonté	06	Ottawa Lions T.F.C.	25.45	0.1	6	
19 McNeil, Nathaniel	05	Ottawa Lions T.F.C.	25.46	0.1	6	
20 Adeleye, Daniel	05	Ottawa Lions T.F.C.	26.18	0.1	7	
21 Granchelli, Justin	04	Ottawa Lions T.F.C.	26.29	0.1	7	
22 Rinker, Eli	05	Ottawa Lions T.F.C.	26.56	0.1	8	
23 Porter, Kyle	04	Ottawa Lions T.F.C.	26.57	0.1	7	
24 Porter, Cameron	03	Ottawa Lions T.F.C.	26.75	0.1	7	
25 Meyer, Valentin	05	Lachine	26.76	0.1	8	
26 Sani, Marino	60	Ottawa Lions T.F.C.	29.46	0.1	8	

Event 5 Women 600 Meter Run Open

Facility: F 1:29.87 2015-06-24 Charlotte Gardner, Ottawa Lions

Twilight: T 1:29.87 2015-06-24 Charlotte Gardner, Ottawa Lions

Club: C 1:27.95 2013-02-16 Melissa Bishop, Ottawa Lions

Name	Year	Team	Finals	H#	Points
1 Bishop-Nriagu, Melissa	88	Nike	1:28.02F	1	
2 Bell, Frédérique	03	Gatineau	1:37.15	3	
3 Ngo, Isabelle	03	Ottawa Lions T.F.C.	1:43.98	4	
4 Osborne, Manon	74	Gatineau	1:44.72	2	
5 Hurst, Freya	04	Ottawa Lions T.F.C.	1:47.52	4	
6 Howitt, Kimberley	84	Ottawa Lions T.F.C.	1:48.53	2	
7 Bradley, Cassidy	04	Ottawa Lions T.F.C.	1:50.04	3	
8 McMann, Caitlin	03	Ottawa Lions T.F.C.	1:53.98	3	
9 Tenasco, Jennifer	99	C.A.N.I. Athletics	1:57.86	4	
10 Crouzat, Skye	04	Les Coureurs	1:59.33	2	

Ottawa Lions Twilight Meet #5 - 2020-08-19**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 6 Men 600 Meter Run Open**

Facility: F 1:20.03 1997-08-13 Sean Surerus, Ottawa Lions

Twilight: T 1:20.03 1997-08-13 Sean Surerus, Ottawa Lions

Club: C 1:17.45 2018-01-20 Sebastian Saville, Ottawa Lions

Name	Year	Team	Finals	H#	Points
------	------	------	--------	----	--------

1	Cote, Sebastien	00 C.A.N.I. Athletics	1:25.32	1	
2	Lyness, Quinn	00 Ottawa Lions T.F.C.	1:28.62	1	
3	Bouma, Phoenix	03 Ottawa Lions T.F.C.	1:29.14	1	
4	Saravia, Diego	01 Gatineau	1:31.35	2	

Event 7 Women 1 Mile Run Open

Name	Year	Team	Finals	Points
------	------	------	--------	--------

1	Macdonald, Cara	04 Unattached Ontario	5:21.44	
2	Jaklova, Anna	05 Unattached Ontario	5:21.70	
3	Van Brabant, Amelia	05 Ottawa Lions T.F.C.	5:45.21	
4	Maguire, Liz	66 Ottawa Lions T.F.C.	5:48.35	
5	Dumoulin, Jennifer	86 Ottawa Lions T.F.C.	6:17.25	

Event 8 Men 1 Mile Run Open

Club: C 3:57.37

Name	Year	Team	Finals	H#	Points
------	------	------	--------	----	--------

1	Maxwell, Alexander	95 Ottawa Lions T.F.C.	4:25.19	1	
2	Mitchell, Robert	98 Ottawa Lions T.F.C.	4:30.44	2	
3	Unger, Erik	05 Unattached Ontario	4:39.37	3	
4	Porter, Kyle	04 Ottawa Lions T.F.C.	4:47.37	3	
5	Porter, Cameron	03 Ottawa Lions T.F.C.	4:49.89	2	
6	Bruce, Cameron	01 Carleton Ravens	4:50.12	3	
7	Taylor, Andrew	03 Ottawa Lions T.F.C.	4:53.26	1	
8	Padoin-Castillo, Adriano	05 Ottawa Lions T.F.C.	5:01.12	2	
9	Waddington, Oliver	04 Ottawa Lions T.F.C.	5:01.42	2	
10	Shi, Sam	93 Unattached Ontario	5:11.64	1	
11	Frenette, Gilles	76 Ottawa Lions T.F.C.	5:16.15	1	
12	Muir, Robert	68 Ottawa Lions T.F.C.	5:37.59	3	
13	Church, Sebastien	04 Ottawa Lions T.F.C.	5:43.75	2	
14	McInerney, Michael	66 Ottawa Lions T.F.C.	5:45.90	3	

Event 9 Women 80 Meter Hurdles Open

Twilight: T 11.07 2014-07-16 Ashlea Maddex, Ottawa Lions

Name	Year	Team	Finals	Wind	Points
------	------	------	--------	------	--------

1	Larkan, Robyn	05 Durham Drago	12.44	2.2	Height: 76cm
2	Dundas, Stephanie	05 Durham Drago	12.53	2.2	Height: 76cm
3	Allen, Dani	05 Durham Drago	12.79	2.2	Height: 76cm
4	Njoya, Samira	06 Lachine	14.57	2.2	Height: 76cm

Ottawa Lions Twilight Meet #5 - 2020-08-19**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 10 Women 100 Meter Hurdles Open**

Facility: F 12.64 2006-08-05 Perdita Felicien, Nike
 Twilight: T 13.13 2019-07-03 Phylcia George, Flying Angels
 Club: C 12.96 1996-05-11 Lesley Tashlin, Ottawa Lions

Name	Year Team	Finals	Wind	H#	Points
------	-----------	--------	------	----	--------

1 Miller, Quinn	03 Bolton Pole Vault	15.49	1.2	2	Height: 76cm
2 Goddard, Audrey	04 Ottawa Lions T.F.C.	15.53	1.2	2	Height: 76cm
3 Courteau, Vienna	03 Ottawa Lions T.F.C.	16.22	1.6	1	Height: 76cm
4 Lu Langley, Vanessa	02 Ottawa Lions T.F.C.	16.71	1.2	2	Height: 84cm
5 Hall, Eleanor	04 Ottawa Lions T.F.C.	17.01	1.6	1	Height: 76cm

Event 11 Men 100 Meter Hurdles Open

Twilight: T 13.06 1995-07-19 Shawn Wilcox, Ottawa Lions

Name	Year Team	Finals	Wind	Points
------	-----------	--------	------	--------

1 Kukla-Colby, Thomas	04 Ottawa Lions T.F.C.	15.52	1.9	Height: 84cm
2 Scott, Carter	05 Beckwith Ath	15.58	1.9	Height: 84cm

Event 12 Men 110 Meter Hurdles Open

Facility: F 13.27 1985-08-03 Mark McKoy, Scarborough Optimists

Twilight: T 13.76 2014-07-16 Ramon Sosa, Flying Angels

Club: C 13.43 2015-07-04 Sekou Kaba, Ottawa Lions

Name	Year Team	Finals	Wind	H#	Points
------	-----------	--------	------	----	--------

1 Adeleye, David	02 Ottawa Lions T.F.C.	14.29	0.6	2	Height: 99cm
2 Collins, Alexander	02 C.A.N.I. Athletics	14.30	0.6	2	Height: 99cm
3 Nicoletti, Luca	04 Ottawa Lions T.F.C.	15.50	1.6	1	Height: 91cm
4 Carty, Xavier	03 Ottawa Lions T.F.C.	15.92	1.6	1	Height: 91cm
5 Jean, Leewinchell	01 Ottawa Lions T.F.C.	32.76	0.6	2	Height: 99cm

Event 13 Women 300 Meter Hurdles Open

Facility: F 40.81 1991-06-26 Rosey Edeh, Ottawa Lions

Twilight: T 40.81 1991-06-26 Rosey Edeh, Ottawa Lions

Club: C 40.81 1991-06-26 Rosey Edeh, Ottawa Lions

Name	Year Team	Finals	H#	Points
------	-----------	--------	----	--------

1 Riley, Elle	05 Durham Drago	48.83	1	Height: 76cm
2 Porter, Gillian	04 Ottawa Lions T.F.C.	51.28	1	Height: 76cm
3 Hall, Eleanor	04 Ottawa Lions T.F.C.	51.93	1	Height: 76cm
4 Dimov, Maria	05 Ottawa Lions T.F.C.	52.18	2	Height: 76cm
5 Cameron, Millie	04 Ottawa Lions T.F.C.	55.05	2	Height: 76cm

Event 15 Women 400 Meter Hurdles Open

Facility: F 54.85 2001-07-22 Bidouane Nouzha, Morocco

Twilight: T 56.47 2015-06-24 Sarah Wells, University of Toronto

Club: C 56.10 1989-06-02 Rosey Edeh, Ottawa Lions

Name	Year Team	Finals	Points
------	-----------	--------	--------

1 Brennan, Emily	04 Ottawa Lions T.F.C.	1:10.91	Height: 76cm
------------------	------------------------	---------	--------------

Ottawa Lions Twilight Meet #5 - 2020-08-19**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****Event 16 Men 400 Meter Hurdles Open**

Facility: F 49.24 2001-07-23 Pawel Januszewski, Poland
 Twilight: T 50.87 2015-06-24 Gregory McNeil, University of Toront
 Club: C 51.02 1990-05-24 Craig Hutton, Ottawa Lions

Name	Year	Team	Finals	Points
------	------	------	--------	--------

1 Jean, Leewinchell	01	Ottawa Lions T.F.C.	55.04	Height: 91cm
-- Adeli, Kevin	01	C.A.N.I. Athletics	DNF	Height: 91cm

Event 17 Women Long Jump Open

Facility: F 6.61m 1985-08-04 Donna Smellie, Mississauga
 Twilight: T 6.11m 1991-07-31 Jayne Mitchell, New Zealand
 Club: C 6.30m 2019-04-19 Divya Biswal, Ottawa Lions

Name	Year	Team	Finals	Wind	Points
------	------	------	--------	------	--------

1 Wann, Kadiatou	01	C.A.N.I. Athletics	5.05m	+0.0	
2 Adeshida, Yulia	04	Les Coureurs	4.88m	-0.2	
3 Edward, Naomie	04	Lachine	4.70m	-0.1	
4 Njoya, Samira	06	Lachine	4.08m	+0.0	
5 Cruzat, Skye	04	Les Coureurs	4.05m	-0.4	
6 Matte, Lily	05	Gatineau	3.87m	-0.1	

Event 18 Men Long Jump Open

Facility: F 8.02m 1989-08-05 Edrick Floreal, Quebec
 Twilight: T 7.45m 2005-07-20 Maurice Ennis, Ontario
 Club: C 8.01m 1988-08-06 Glenroy Gilbert, Ottawa Lions

Name	Year	Team	Finals	Wind	Points
------	------	------	--------	------	--------

1 Patterson, Bryson	95	C.A.N.I. Athletics	7.19m	-0.2	
2 Halog, Jonelle	95	C.A.N.I. Athletics	6.18m	0.1	
3 Martineau, Brandyn	92	Ottawa Lions T.F.C.	5.69m	0.1	
4 Ramsaran, Marcus	04	Ottawa Lions T.F.C.	3.69m	-0.1	

Event 19 Women High Jump Open

Facility: F 1.94m 1985-08-04 Jeannie Cockroft, UBC Thunderbirds
 Twilight: T 1.86m 1994-07-06 Gay Kapernik, Australia
 Club: C 1.89m 1991-06-22 Leslie Estwick, Ottawa Lions

Name	Year	Team	Finals	Points
------	------	------	--------	--------

1 Bitchoka, Barbara	96	C.A.N.I. Athletics	1.75m	
2 Selkirk, Robin	03	Unattached Ontario	1.60m	
3 Cudmore, Gwendolyn	03	Niagara Olym	1.55m	
4 Jefferson, Eden	05	Les Coureurs	1.35m	

Event 20 Men High Jump Open

Facility: F 2.33m 1986-06-21 Milt Ottey, Scarborough Optimists
 Twilight: T 2.18m 2006-08-09 Derek Watkins, Ottawa Lions
 Club: C 2.25m 1992-05-31 Cory Siermachesky, Ottawa Lions

Name	Year	Team	Finals	Points
------	------	------	--------	--------

1 Becker, Thomas	03	C.A.N.I. Athletics	1.90m	
------------------	----	--------------------	-------	--

Ottawa Lions Twilight Meet #5 - 2020-08-19**Ottawa Lions Timing Team****Terry Fox Athletic Facility****Results****....Event 20 Men High Jump Open**

2	Greene, Cameron	03	Niagara Olym	1.85m
3	Ivanov, Michael	03	Niagara Olym	1.85m
4	Wallner, Leo	03	Ottawa Lions T.F.C.	1.75m

Event 21 Women Javelin Throw Open

```

=====
Facility: F 60.62m 2017-07-07 Liz Gleadle, Chinook
Twilight: T 54.04m 1990-08-10 Cheryl Coker, Ottawa Lions
Club: C 57.64m 1992-04-18 Cheryl Coker, Ottawa Lions
Name Year Team Finals Points
=====

```

1	McLean, Madison	01	Unattached Ontario	35.85m	Weight: 600g
---	-----------------	----	--------------------	--------	--------------

Event 22 Men Javelin Throw Open

```

=====
Facility: F 84.41m 2005-07-20 Scott Russell, Windsor Legion
Twilight: T 84.41m 2005-07-20 Scott Russell, Windsor Legion
Club: C 71.02m 2013-06-22 Brandon Heroux, Ottawa Lions
Name Year Team Finals Points
=====

```

1	Mancini, David	02	Lachine	60.58m	Weight: 800g
2	Gagnon, Vincent	99	Filoup	49.94m	Weight: 800g
3	Fraser, Connor	04	Ottawa Lions T.F.C.	38.46m	Weight: 800g
4	Redwood-Wheeler, Gavin	04	Unattached Ontario	36.91m	Weight: 800g
5	Newman, Keito	03	Ottawa Lions T.F.C.	35.72m	Weight: 600g

Event 23 Women Hammer Throw Open

```

=====
Facility: F 69.85m 2008-06-21 Sultana Frizell, Ottawa Lions
Twilight: T 63.63m 2006-08-09 Sultana Frizell, Ottawa Lions
Club: C 75.73m 2014-05-22 Sultana Frizell, Ottawa Lions
Name Year Team Finals Points
=====

```

1	Kelly, Christina	97	Ottawa Lions T.F.C.	30.14m	Weight: 4kg
2	Asiamah, Brianna	01	Ottawa Lions T.F.C.	18.11m	Weight: 4kg

Event 24 Men Hammer Throw Open

```

=====
Facility: F 79.89m 2001-07-20 Szymon Ziolkowski, Poland
Twilight: T 69.98m 1990-07-18 Bi Zhong, China
Club: C 65.34m 1995-07-13 James Fahie, Ottawa Lions
Name Year Team Finals Points
=====

```

1	Zaitchouk, Boris	47	Unattached Ontario	45.50m	Weight: 4kg
2	Xu, Oscar	04	Unattached Ontario	42.82m	Weight: 5kg
3	Sanko, John	02	Ottawa Lions T.F.C.	18.63m	Weight: 7.26kg