

Licensed to Ottawa Lions T&F Club HY-TEK's Meet Manager 2018-01-20 02:50 PM  
 Ottawa Winter National Invitational - 2018-01-19 to 2018-01-20  
 Dome @ Louis-Riel  
 Results

Event 1 Women 60 M

Name	Year School	Prelims	H#
Preliminaries			
1 Maxwell, Nyoka	C.A.N.I.	7.68q	1
2 Brohman, Amelia	C.A.N.I.	7.69q	1
3 Catherine, Léger	S.L. Select	7.79q	1
4 Christie-Galloway, Keira	U.Ottawa	8.00q	2 7.995
5 Vieux, Kayla	C.A.N.I.	8.00q	1 7.999
6 Bambi, Tania	U.Ottawa	8.03q	1
7 Gould, Stephanie	U.Ottawa	8.05q	1
8 Telford, Alexandra	Carleton	8.11q	2
9 Jeurond, Kady	S.L. Select	8.17q	3 8.167
10 Merjavec, Hannah	Laurentian	8.17q	4 8.170
11 Ollier, Mary	Ottawa Lions	8.18q	3 8.179
12 Roy, Danielle	Laurentian	8.18q	2 8.180
13 Crowe, Kirsten	Laurentian	8.31	2
14 Richmond, Dacey	Kingston T.F.C.	8.39	3 8.382
15 Trudeau-Meisner, Mikayla	U.Ottawa	8.39	4 8.383
16 Fischer, Caitlin	Queen's	8.41	4
17 Ba, Sophie	Sherbrooke	8.42	2 8.413
18 Nearing, Ashley	Ottawa Lions	8.42	2 8.415
19 Haridas, Rinila	Ottawa Lions	8.43	4
20 Keogh, Emmanuelle	U.Ottawa	8.48	3
21 MacMillan, Lindsey	Carleton	8.52	3
22 Ogunremi, Doyin	Ottawa Lions	8.59	5
23 Smith, Heather	U.Ottawa	8.62	5
24 Eng, Sara	Queen's	8.63	4 8.628
25 Lapolice, Stephanie	U.Ottawa	8.63	4 8.630
26 Elliot, Olivia	Kingston T.F.C.	8.67	9
27 Lawson, Cynthia	U.Ottawa	8.69	5
28 Alexis, Wendy	Ottawa Lions	8.74	6
29 Jean-Denis, Jennyica	U.Ottawa	8.87	10
30 Istead, Nicole	Carleton	8.93	5 8.928
31 Beaupre-Jacques, Myriam	U.Ottawa	8.93	6 8.930
32 Town, Jessica	Queen's	8.95	5
33 Gowland, Maggie	Queen's	8.96	6
34 La Charité, Florence	S.L. Select	9.00	10
35 Larry, Katharine	Kingston T.F.C.	9.00	7
36 McManus, Sarah	Queen's	9.03	7
37 Fuchs, Bailey	Kingston T.F.C.	9.12	9
38 Ali, Sana	S.L. Select	9.21	9
39 Perigo, Jessica	R.M.C.	9.25	6
40 Cinicolo, Melissa	U.Ottawa	9.28	7
41 Boutilier, Shanna	Ottawa Lions	9.55	8
42 Warnke, Darienne	Ottawa Lions	9.56	8
43 Bouvier, Emma	R.M.C.	9.59	7
44 Nabatanzi, Esther	Laurentian	9.61	8
45 Bustillos, Angelica	Ottawa Lions	9.68	7
46 Bustillos, Lucy	Ottawa Lions	9.80	8
47 Sutherland, Tamara	U.Ottawa	9.88	9
48 Hedayati, Setareh	U.Ottawa	9.99	8

Event 1 Women 60 M

Name	Year School	Finals	H#
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Finals

1	Brohman, Amelia	C.A.N.I.	7.66	1
2	Maxwell, Nyoka	C.A.N.I.	7.67	1
3	Catherine, Léger	S.L. Select	7.73	1
4	Vieux, Kayla	C.A.N.I.	7.95	1
5	Gould, Stephanie	U.Ottawa	7.96	2
6	Christie-Galloway, Keira	U.Ottawa	7.97	1
7	Merjavec, Hannah	Laurentian	8.08	2
8	Telford, Alexandra	Carleton	8.14	2
9	Jeaurond, Kady	S.L. Select	8.20	2
10	Ollier, Mary	Ottawa Lions	8.21	2
11	Roy, Danielle	Laurentian	8.22	2

Event 2 Men 60 M

Name	Year	School	Prelims	H#
Preliminaries				
1	Muteba, Lionel	Ottawa Lions	6.94q	1
2	Adjibi, Elizier	C.A.N.I.	7.00q	1
3	Ben-Smith, Bertwin	Ottawa Lions	7.08q	1
4	Carrington, Marcus	C.A.N.I.	7.11q	3
5	Nwokobia, Emmanuel	Carleton	7.12q	1
6	Halog, Jonelle	C.A.N.I.	7.15q	1
7	Takam, Xavier	U.Ottawa	7.16q	2
8	Felix, Gio	U.Ottawa	7.29q	2
9	Kaba, Sekou	Ottawa Lions	7.30q	1
10	Liburd, Cornelius	Carleton	7.33q	3
11	Valentine, Tim	U.Ottawa	7.36q	4
12	Savage-Perreault, Skyler	Laurentian	7.40q	2
13	Ross, Conor	U.Ottawa	7.42	7
14	Fournier-Leonard, Philip	West Island	7.43	3 7.425
15	Dacosta, Tyler	U.Ottawa	7.43	3 7.429
15	Nault, Kevin	Ottawa Lions	7.43	4 7.429
17	Adeleye, David	Ottawa Lions	7.44	3
18	Roque, Eric	Laurentian	7.45	2
19	Zhu, Eric	Queen's	7.47	3
20	Paul, Cameron	Waterloo	7.50	4
21	Fortier, Jesse	U.Ottawa	7.56	6 7.553
22	Underwood, Thomas	Queen's	7.56	4 7.556
23	Baptiste, Hacheming	West Island	7.57	2
24	Tavernier, Telvin	Ottawa Lions	7.59	4
25	Johnson, Matt	Ottawa Lions	7.62	5 7.617
26	Figliomeni, Joseph	Carleton	7.62	5 7.620
27	Ahmed, Hesham	U.Ottawa	7.70	7
28	Sikoulavong, Khameron	Carleton	7.71	6
29	Grigoriadis, Dimitrios	West Island	7.72	4
30	Sutherland, Aaron	U.Ottawa	7.76	7
31	Bagate, Amara	Louis-Riel	7.78	5
32	Dimpengi, Heloim	Carleton	7.81	8
33	Tremblay, Mathieu	U.Ottawa	7.84	6
34	Goldvasser, Mishel	Kingston T.F.C.	7.86	10
35	Hayes-Laverdiere, Spence	U.Ottawa	7.90	7
36	Thiel, Alexander	R.M.C.	7.92	6 7.912
37	Nguyen, Peter	U.Ottawa	7.92	9 7.914
38	Boudreau, Jacob	Queen's	7.93	6
39	Neamtz, Carter	Carleton	7.94	8
40	Kelil Kwemo, Sakhia	Queen's	7.96	5
41	Faucher, Serge	Ottawa Lions	7.99	7
42	Milani, Nicholas	Carleton	8.06	8
43	Depaul, Samuel	Kingston T.F.C.	8.07	10
44	Lind, Eric	Kingston T.F.C.	8.13	10 8.122
45	Evasco, Jaron	Queen's	8.13	5 8.124

46	Mehmood, Amir	Ottawa Lions	8.18	5
47	Desjardins, Joel	U.Ottawa	8.25	8
48	Patel, Darshin	R.M.C.	8.26	8
49	Bustillos, Jesus	Ottawa Lions	8.41	9
50	Luu, Jonathan	U.Ottawa	8.62	7
51	Jeffery, Alec	Carleton	9.22	9

Event 2 Men 60 M

Name	Year	School	Finals	H#
Finals				
1	Muteba, Lionel	Ottawa Lions	6.89	1
2	Carrington, Marcus	C.A.N.I.	6.97	1 6.965
3	Adjibi, Elizier	C.A.N.I.	6.97	1 6.966
4	Ben-Smith, Bertwin	Ottawa Lions	7.05	1 7.048 7.047
5	Halog, Jonelle	C.A.N.I.	7.05	1 7.048
6	Nwokobia, Emmanuel	Carleton	7.06	1
7	Takam, Xavier	U.Ottawa	7.14	2
8	Kaba, Sekou	Ottawa Lions	7.27	2
9	Felix, Gio	U.Ottawa	7.30	2
10	Liburd, Cornelius	Carleton	7.31	2
11	Valentine, Tim	U.Ottawa	7.33	2
12	Savage-Perreault, Skyler	Laurentian	7.37	2

Event 3 Women 300 M

Name	Year	School	Finals	H#
1	Maxwell, Nyoka	C.A.N.I.	39.40	1
2	Catherine, Léger	S.L. Select	39.69	2
3	Beliveau, Emy	Sherbrooke	40.06	1
4	Christie-Galloway, Keira	U.Ottawa	40.61	5
5	Leclerc, Claudie	Sherbrooke	40.65	2
6	Skorenky, Sophia	U.Ottawa	41.18	2
7	Ollier, Mary	Ottawa Lions	41.19	4
8	Jeaurond, Kady	S.L. Select	41.65	2
9	Mayer, Natasha	Laurentian	41.73	3
10	Bratus, Ainsley	King. Achilles	41.75	6
11	Gould, Stephanie	U.Ottawa	42.11	3
12	Telford, Alexandra	Carleton	42.34	3
13	Labarang, Charifa	Ottawa Lions	42.63	1 42.627
14	Hempstead, Lucy	C.A.N.I.	42.63	1 42.629
15	Crowe, Kirsten	Laurentian	42.68	5
16	Ba, Sophie	Sherbrooke	42.69	6
17	Maine, Julia	Queen's	42.74	4
18	Beaudry, Andreeanne	Sherbrooke	42.77	7
19	Keogh, Emmanuelle	U.Ottawa	42.98	7
20	Smith, Sydney	U.Ottawa	43.02	7
21	Richard, Julia	S.L. Select	43.16	6
22	Ogunremi, Doyin	Ottawa Lions	43.19	4
23	Belanger, Camille	Sherbrooke	43.28	8
24	Tagnit-Hamou, Sonia	Sherbrooke	43.38	3
25	Fischer, Caitlin	Queen's	43.73	5
26	Nearing, Ashley	Ottawa Lions	43.76	5
27	Trudeau-Meisner, Mikayla	U.Ottawa	43.90	7
28	Stevenson, Sophie	Queen's	43.95	8
29	Narine, Priya	Ottawa Lions	43.96	4
30	Richmond, Dacey	Kingston T.F.C.	44.17	14
31	Parris, Ieasha	Carleton	44.49	6
32	MacMillan, Lindsey	Carleton	45.41	9
33	De Pieri, Julia	U.Ottawa	45.47	10
34	Merjavec, Hannah	Laurentian	46.04	9

35	Lawson, Cynthia	U.Ottawa	46.36	10
36	Yemen, Suhaila	U.Ottawa	46.77	11
37	Lapolice, Stephanie	U.Ottawa	47.81	9
38	Fuchs, Bailey	Kingston T.F.C.	48.33	14
39	Campbell, Savannah	U.Ottawa	48.35	10
40	Dowling, Michaela	King. Achilles	48.39	9
41	Beaupre-Jacques, Myriam	U.Ottawa	48.49	10
42	Town, Jessica	Queen's	48.85	8
43	Cinicolo, Melissa	U.Ottawa	49.09	11
44	Stockall, Jaston	Carleton	49.19	12
45	Boutilier, Shanna	Ottawa Lions	49.28	11
46	Curtis, Jane	Carleton	49.66	12
47	Schroeder, Enya	U.Ottawa	50.05	12
48	Sutherland, Tamara	U.Ottawa	50.93	13
49	Nabatanzi, Esther	Laurentian	51.07	13
50	Hedayati, Setareh	U.Ottawa	52.83	13

Event 4 Men 300 M

Name	Year	School	Finals	H#
1	Smith-Drouin, Brandon	Sherbrooke	34.23	1
2	Pelletier, Charles	Sherbrooke	35.08	3
3	Verbeek, Aidan	C.A.N.I.	35.10	2
4	Ben-Smith, Bertwin	Ottawa Lions	35.10	2
5	Lemonde, Gabriel	Sherbrooke	35.39	4
6	McGhie, Kadeem	West Island	36.12	3
7	Bravakis, Emmett	King. Achilles	36.24	2
8	Pope, Alex	C.A.N.I.	36.30	1
9	Evenat, Thomas	Sherbrooke	36.32	3
10	Ross, Conor	U.Ottawa	36.42	9
11	Heffernan, Andrew	Ottawa Lions	36.46	2
12	Sprague, Kyle	Ottawa Lions	36.50	5
13	Liburd, Cornelius	Carleton	36.52	7
14	Takam, Xavier	U.Ottawa	36.57	3
15	Meades, Liam	U.Ottawa	36.62	4
16	Chiabai, Alex	C.A.N.I.	36.75	1
17	Chau, Philip	Queen's	36.91	4
18	Jury, Kevin	Queen's	36.95	7
19	Lyness, Quinn	Ottawa Lions	37.07	6
20	Dacosta, Tyler	U.Ottawa	37.09	10
21	Felix, Gio	U.Ottawa	37.10	7
22	Paul, Cameron	Waterloo	37.16	7
23	Zhu, Eric	Queen's	37.32	6
24	Boateng, Peter	C.A.N.I.	37.50	1
25	Rustom, Matthieu	Louis-Riel	37.65	12
26	Fleming, Kieran	Carleton	37.68	5
27	Vukovic, Luka	U.Ottawa	38.28	10
28	Moricz, Vincent	Ottawa Lions	38.33	12
29	Adeleye, David	Ottawa Lions	38.42	8
30	Birtch, Mckendry	King. Achilles	38.58	12
31	Grigoriadis, Dimitrios	West Island	38.64	8
32	Benjamin, Issac	Queen's	38.67	13
33	Baptiste, Hacheming	West Island	38.68	4
34	McShane, Matthew	U.Ottawa	38.92	14
35	Sutherland, Aaron	U.Ottawa	39.20	13
36	Faucher, Serge	Ottawa Lions	39.56	11
37	Roque, Eric	Laurentian	39.67	10
38	Ahmed, Hesham	U.Ottawa	39.73	14
39	Hayes-Laverdiere, Spence	U.Ottawa	40.10	10
40	Tremblay, Mathieu	U.Ottawa	40.15	14
41	Figliomeni, Joseph	Carleton	40.23	11
42	Goldvasser, Mishel	Kingston T.F.C.	40.34	16

43	Neamtz, Carter	Carleton	40.39	15
44	Thompson, Morgan	Vainqueurs P	40.42	6
45	Milani, Nicholas	Carleton	40.56	15
46	Boudreau, Jacob	Queen's	40.64	13
47	El Sahli, Ali	Laurentian	40.79	12
48	Thiel, Alexander	R.M.C.	40.91	11
49	Patel, Darshin	R.M.C.	42.05	16
50	Mehmood, Amir	Ottawa Lions	42.18	13
51	Lind, Eric	Kingston T.F.C.	42.63	16
52	Luu, Jonathan	U.Ottawa	46.64	15

Event 5 Women 600 M

Name	Year	School	Finals	H#
1	Trapeau, Maeliss	U.Ottawa	1:34.10	1
	30.231 (30.231)			
2	Skorenky, Sophia	U.Ottawa	1:34.95	1
	30.708 (30.708)			
3	Dahms, Marie-Eve	U.Ottawa	1:35.91	1
	28.991 (28.991)			
4	Maine, Julia	Queen's	1:35.98	1
	30.889 (30.889)			
5	Blair, Kara	Queen's	1:36.00	1
	30.626 (30.626)			
6	Menard, Alexandra	U.Ottawa	1:38.17	1
	30.146 (30.146)			
7	Kilroy, Jilleen	Queen's	1:39.90	2
	31.899 (31.899)			
8	Smith, Sydney	U.Ottawa	1:40.77	2
	31.718 (31.718)			
9	Parris, Ieasha	Carleton	1:40.95	2
	31.796 (31.796)			
10	Narine, Priya	Ottawa Lions	1:42.48	2
	31.636 (31.636)			
11	Mahlig, Alexia	Sherbrooke	1:42.75	2
	31.985 (31.985)			
12	Yakub Aga, Miryam	Carleton	1:44.54	3
	34.345 (34.345)			
13	Yemen, Suhaila	U.Ottawa	1:46.81	3
	33.991 (33.991)			
14	Stockall, Jaston	Carleton	1:50.51	3
	35.768 (35.768)			
15	Boutilier, Shanna	Ottawa Lions	1:51.46	3
	34.276 (34.276)			
16	Goss, Chloe	Kingston T.F.C.	1:52.12	3
	35.140 (35.140)			
17	Curtis, Jane	Carleton	1:54.30	3
	35.643 (35.643)			
18	Campbell, Savannah	U.Ottawa	1:56.53	3
	35.979 (35.979)			
19	Harding, Hazel	Ottawa Lions	1:58.98	3
	34.931 (34.931)			

Event 6 Men 600 M

Name	Year	School	Finals	H#
1	Saville, Sebastian	Carleton	1:17.45	1
	25.345 (25.345)			
2	Aber, Yassine	Sherbrooke	1:18.12	1
	25.098 (25.098)			
3	Evans, Stephen	U.Ottawa	1:19.15	1

25.255 (25.255)				
4 Alhaddad, Saj	Ottawa Lions	1:19.19	1	
26.038 (26.038)				
5 Heffernan, Andrew	Ottawa Lions	1:22.59	2	
25.716 (25.716)				
6 Pederson, Liam	Laurentian	1:23.30	2	
25.796 (25.796)				
7 McGhie, Kadeem	West Island	1:23.71	2	
26.589 (26.589)				
8 Vaculik, Alex	U.Ottawa	1:23.84	2	
26.025 (26.025)				
9 St. Romain, Nathaniel	Quinte Front	1:23.90	2	
25.617 (25.617)				
10 Saville, Thomas	Carleton	1:25.87	3	
27.507 (27.507)				
11 Santucci, Nick	King. Achilles	1:26.06	3	
27.854 (27.854)				
12 Salvino, Ryan	U.Ottawa	1:26.14	3	
27.767 (27.767)				
13 Rustom, Matthieu	Louis-Riel	1:26.84	4	
27.892 (27.892)				
14 Rivard, Frédéric	Sherbrooke	1:27.11	3	
27.913 (27.913)				
15 Moricz, Vincent	Ottawa Lions	1:27.13	3	
27.991 (27.991)				
16 Tayane, Sofiane	Enduromax	1:28.69	2	
26.340 (26.340)				
17 Houghton, Walker	Laurentian	1:28.84	3	
27.739 (27.739)				
18 Benazout, Abdelkrim	Enduromax	1:29.47	3	
28.339 (28.339)				
19 Vukovic, Luka	U.Ottawa	1:29.80	4	
28.192 (28.192)				
20 McShane, Matthew	U.Ottawa	1:30.09	4	
28.494 (28.494)				
21 Fair, Campbell	Quinte Front	1:31.14	3	
28.201 (28.201)				
22 Orshinsky, Nick	Laurentian	1:31.27	3	
28.061 (28.061)				
23 El Sahli, Ali	Laurentian	1:34.55	4	
27.993 (27.993)				
24 Frampton, Nathan	R.M.C.	1:41.33	4	
29.586 (29.586)				

Event 7 Women 1000 M

Name	Year School	Finals
1 Tuskiewicz, Heidi	Laurentian	3:00.76
35.618 (35.618)	1:46.765 (1:11.147)	
2 Rich, Nicole	Laurentian	3:04.19
36.241 (36.241)	1:50.295 (1:14.055)	
3 Sidock, Olivia	U.Ottawa	3:10.40
35.626 (35.626)	1:51.140 (1:15.514)	
4 Celac, Constanta	U.Ottawa	3:20.16
37.028 (37.028)	1:54.657 (1:17.629)	
5 Fletcher, Emily	U.Ottawa	3:25.97
37.316 (37.316)	1:59.373 (1:22.057)	
6 Martin, Sydney	U.Ottawa	3:26.22
37.283 (37.283)	2:00.657 (1:23.375)	
7 Tremblay, Emily	U.Ottawa	3:36.50
40.057 (40.057)	2:05.533 (1:25.476)	
8 Ferguson, Jill	C.A.N.I.	3:36.89

	38.581 (38.581)	2:10.358 (1:31.778)	
9	Figliuzzi, Haley	U.Ottawa	3:45.60
	41.427 (41.427)	2:11.805 (1:30.378)	
10	Duhart, Emily	U.Ottawa	3:50.78
	41.483 (41.483)	2:12.646 (1:31.164)	
11	Fielding, Danielle	R.M.C.	4:12.85
	41.740 (41.740)	2:17.994 (1:36.255)	
12	Kumarachandran, Dilana	U.Ottawa	4:15.17
	43.287 (43.287)	2:26.447 (1:43.160)	

Event 8 Men 1000 M

Name	Year	School	Finals	H#
1 Maxwell, Alex		Carleton	2:32.03	1
	29.888 (29.888)	1:32.052 (1:02.165)		
2 Binns, Remy		Ottawa Lions	2:33.75	1
	27.958 (27.958)	1:29.817 (1:01.859)		
3 Fast, Joe		Ottawa Lions	2:38.53	1
	29.920 (29.920)	1:33.540 (1:03.620)		
4 Qureshi, Hamza		U.Ottawa	2:40.70	1
	30.701 (30.701)	1:32.176 (1:01.475)		
5 Hollinger, Jake		Quinte Front	2:41.33	1
	30.202 (30.202)	1:35.647 (1:05.445)		
6 Riek, Paul		Queen's	2:41.46	1
	30.793 (30.793)	1:36.163 (1:05.370)		
7 Bruce, James		Carleton	2:41.75	1
	31.007 (31.007)	1:35.133 (1:04.127)		
8 Mitchell, Robbie		U.Ottawa	2:43.88	2
	32.931 (32.931)	1:38.484 (1:05.554)		
9 McGarvey, Rory		Nicholson CC	2:44.59	2
	33.797 (33.797)	1:38.781 (1:04.984)		
10 Spoerel-Connelly, Sebast		Carleton	2:44.61	1
	30.419 (30.419)	1:34.448 (1:04.029)		
11 Buck, Bobby		Una Ontario	2:47.81	2
	33.557 (33.557)	1:39.513 (1:05.956)		
12 Price, Jacob		Ottawa Lions	2:47.96	2
	31.454 (31.454)	1:38.683 (1:07.229)		
13 Lorbetskie, Ken		U.Ottawa	2:52.15	2
	34.193 (34.193)	1:43.820 (1:09.627)		
14 Palamar, Eric		U.Ottawa	2:52.88	1
	31.139 (31.139)	1:36.851 (1:05.713)		
15 Moore, Michael		R.M.C.	2:52.91	1
	31.447 (31.447)	1:39.308 (1:07.862)		
16 Brohman, Charlie		C.A.N.I.	2:52.99	1
	31.229 (31.229)	1:38.867 (1:07.638)		
17 Desharnais, Philippe		R.M.C.	2:55.20	2
	34.492 (34.492)	1:45.532 (1:11.040)		
18 Robertson, Kevin		Ottawa Lions	2:56.70	1
	32.019 (32.019)	1:40.812 (1:08.794)		
19 Hodgins, Seamus		Carleton	2:59.35	2
	34.257 (34.257)	1:45.466 (1:11.209)		
20 Taylor, Andrew		Ottawa Lions	3:00.17	2
	33.615 (33.615)	1:45.196 (1:11.582)		
21 Sanchez, Joe		C.A.N.I.	3:02.00	2
	31.776 (31.776)	1:44.356 (1:12.580)		
22 Nonez, Fabrice		Ottawa Lions	3:02.34	2
	33.971 (33.971)	1:45.211 (1:11.240)		
23 Hill, Darrell		Carleton	3:09.15	2
	34.843 (34.843)	1:49.311 (1:14.468)		
24 Kulkarni, Rohan		Carleton	3:12.90	2
	36.817 (36.817)	1:53.763 (1:16.946)		
25 Rochat, shanon		R.M.C.	3:15.48	2

	36.288 (36.288)	1:53.847 (1:17.559)		
26 Mills, Evan		R.M.C.	3:23.42	2
	37.503 (37.503)	1:58.007 (1:20.505)		
27 Brosseau, Charles-Antoin		Carleton	3:38.70	2
	39.613 (39.613)	2:04.594 (1:24.982)		

Event 9 Women 1500 M

Name	Year	School	Finals	H#
1 Clarke, Madison		U.Ottawa	4:42.96	1
	1:02.024 (1:02.024)	2:18.955 (1:16.932)	3:34.048	(1:15.094)
2 Klus, Samantha		U.Ottawa	4:44.49	1
	1:02.523 (1:02.523)	2:19.218 (1:16.696)	3:34.595	(1:15.377)
3 Meek, Lily		Brockville Leg.	4:45.70	1
	1:01.786 (1:01.786)	2:18.916 (1:17.130)	3:34.025	(1:15.109)
4 Watson, Jade		Queen's	4:47.45	2
	54.852 (54.852)	2:13.682 (1:18.830)	3:32.166	(1:18.485)
5 Newlove, Katie		Ottawa Lions	4:48.09	2
	55.535 (55.535)	2:14.106 (1:18.572)	3:33.263	(1:19.157)
6 Brennan, Rebecca		U.Ottawa	4:53.37	1
	1:02.064 (1:02.064)	2:19.140 (1:17.076)	3:34.480	(1:15.340)
7 Rich, Nicole		Laurentian	4:54.00	2
	56.066 (56.066)	2:14.808 (1:18.743)	3:35.659	(1:20.852)
8 Pellerin, Skye		Ottawa Lions	4:57.31	2
	55.199 (55.199)	2:14.464 (1:19.265)	3:36.382	(1:21.918)
9 Goertz, Avery		Queen's	5:00.26	1
	1:02.248 (1:02.248)	2:19.384 (1:17.136)	3:39.626	(1:20.243)
10 Riley, Emma		Carleton	5:00.83	2
	55.849 (55.849)	2:17.537 (1:21.688)	3:43.118	(1:25.582)
11 Hicks, Holly		U.Ottawa	5:01.44	2
	54.855 (54.855)	2:13.848 (1:18.994)	3:33.852	(1:20.004)
12 Steven, Breanne		Laurentian	5:03.25	2
	59.105 (59.105)	2:23.133 (1:24.028)	3:46.393	(1:23.260)
13 Robinson, Lindsay		Laurentian	5:06.84	2
	57.793 (57.793)	2:21.318 (1:23.526)	3:47.826	(1:26.508)
14 Rashid, Zeena		Ottawa Lions	5:08.28	2
	56.542 (56.542)	2:17.309 (1:20.768)	3:44.930	(1:27.622)
15 Rossi, Jenna		U.Ottawa	5:16.14	1
	1:02.380 (1:02.380)	2:22.678 (1:20.299)	3:49.435	(1:26.757)
16 Fitzgerald, Kara		King. Achilles	5:22.77	1
	1:02.350 (1:02.350)	2:20.693 (1:18.344)	3:48.241	(1:27.548)
17 Fletcher, Emily		U.Ottawa	5:29.99	2
	57.683 (57.683)	2:26.436 (1:28.754)	4:02.189	(1:35.754)
18 Schenk, Josilyn		Ottawa Lions	5:32.37	2
	1:03.774 (1:03.774)	2:33.066 (1:29.293)	4:04.896	(1:31.830)
19 Martin, Sydney		U.Ottawa	5:34.52	2
	59.536 (59.536)	2:30.769 (1:31.234)	4:05.025	(1:34.256)
20 Donia, Riley		Quinte Front	5:38.77	2
	1:04.320 (1:04.320)	2:38.265 (1:33.945)	4:11.812	(1:33.547)
21 Duhart, Emily		U.Ottawa	5:53.94	2
	1:04.878 (1:04.878)	2:42.342 (1:37.464)	4:18.832	(1:36.490)
22 Figliuzzi, Haley		U.Ottawa	6:03.44	2
	1:04.463 (1:04.463)	2:39.099 (1:34.637)	4:19.429	(1:40.330)

Event 10 Men 1500 M

Name	Year	School	Finals	H#
1 Bardwell, Cameron		Queen's	4:00.33	1
	46.825 (46.825)	1:50.852 (1:04.027)	2:56.839	(1:05.988)
2 Maxwell, Alex		Carleton	4:00.73	1
	48.297 (48.297)	1:55.001 (1:06.704)	3:00.494	(1:05.494)



3	Zanetti, Lucas	Ottawa Lions	4:08.91	1
	48.649 (48.649)	1:55.622 (1:06.973)	3:05.822	(1:10.200)
4	Roberts, Nic	U.Ottawa	4:09.89	1
	49.047 (49.047)	1:55.327 (1:06.280)	3:02.057	(1:06.730)
5	El Hankouri, Ziyad	U.Ottawa	4:13.85	1
	49.903 (49.903)	1:59.709 (1:09.807)	3:09.084	(1:09.375)
6	Westbrook, Gavin	U.Ottawa	4:15.77	1
	49.414 (49.414)	1:59.713 (1:10.299)	3:09.698	(1:09.986)
7	Spoerel-Connelly, Sebast	Carleton	4:18.73	1
	48.816 (48.816)	1:56.184 (1:07.368)	3:07.143	(1:10.959)
8	Santini, Julien	U.Ottawa	4:21.33	1
	49.584 (49.584)	1:59.924 (1:10.340)	3:10.776	(1:10.853)
9	Milford, Jarod	Laurentian	4:24.87	1
	49.666 (49.666)	2:00.026 (1:10.360)	3:10.229	(1:10.204)
10	Tulk, Aidan	King. Achilles	4:32.08	2
	51.536 (51.536)	2:05.255 (1:13.719)	3:21.855	(1:16.600)
11	Lorbetskie, Ken	U.Ottawa	4:36.83	2
	55.632 (55.632)	2:11.736 (1:16.105)	3:27.987	(1:16.252)
12	O'Meara, Stephen	King. Achilles	4:37.17	1
	51.281 (51.281)	2:03.172 (1:11.892)	3:19.226	(1:16.055)
13	Hoftyzer, Chris	Quinte Front	4:37.29	2
	53.782 (53.782)	2:10.467 (1:16.686)	3:27.563	(1:17.096)
14	Dean, Ryan	Carleton	4:40.53	2
	53.872 (53.872)	2:10.116 (1:16.245)	3:27.939	(1:17.823)
15	Robertson, Kevin	Ottawa Lions	4:41.55	2
	54.164 (54.164)	2:12.313 (1:18.149)	3:29.745	(1:17.433)
16	Pollock, Thomas	Louis-Riel	4:48.11	2
	53.249 (53.249)	2:12.203 (1:18.955)	3:32.481	(1:20.278)
17	Hodgins, Seamus	Carleton	4:49.29	2
	53.501 (53.501)	2:12.497 (1:18.997)	3:32.725	(1:20.228)
18	Tripp, Joey	King. Achilles	4:51.06	2
	53.281 (53.281)	2:11.305 (1:18.025)	3:30.285	(1:18.980)
19	Hill, Darrell	Carleton	4:53.57	2
	56.020 (56.020)	2:15.666 (1:19.647)	3:38.754	(1:23.088)
20	Molgat, Marc	Ottawa Lions	4:54.43	2
	57.602 (57.602)	2:15.910 (1:18.308)	3:38.845	(1:22.936)
21	Rochat, shanon	R.M.C.	5:08.60	2
	56.832 (56.832)	2:16.975 (1:20.144)	3:42.725	(1:25.750)
22	Kulkarni, Rohan	Carleton	5:18.60	2
	57.571 (57.571)	2:23.497 (1:25.927)	3:55.124	(1:31.627)

Event 11 Women 3000 M

Name	Year	School	Finals
1 Stephenson, Amy		Queen's	9:48.04
	37.060 (37.060)	1:55.244 (1:18.184)	3:14.946 (1:19.703)
	4:33.764 (1:18.818)	5:52.320 (1:18.557)	7:11.730 (1:19.410)
	8:31.324 (1:19.594)		
2 Bottomley, Jenny		Laurentian	10:05.95
	37.855 (37.855)	1:56.911 (1:19.057)	3:18.256 (1:21.345)
	4:40.937 (1:22.682)	6:02.927 (1:21.990)	7:24.736 (1:21.809)
	8:47.460 (1:22.725)		
3 Crocker, Megan		Laurentian	10:06.34
	37.584 (37.584)	1:56.607 (1:19.024)	3:17.934 (1:21.327)
	4:40.707 (1:22.774)	6:02.676 (1:21.969)	7:24.414 (1:21.738)
	8:46.462 (1:22.049)		
4 Maisonneuve, Renee		U.Ottawa	11:22.08
	41.227 (41.227)	2:11.060 (1:29.834)	3:41.096 (1:30.036)
	5:12.148 (1:31.053)	6:44.016 (1:31.868)	8:18.560 (1:34.545)
	9:53.279 (1:34.719)		
5 Greasley, Lyndsay		Laurentian	11:23.99
	41.710 (41.710)	2:11.641 (1:29.932)	3:42.482 (1:30.842)

	5:14.867 (1:32.385)	6:46.646 (1:31.779)	8:19.636 (1:32.990)
	9:52.960 (1:33.325)		
6 Lefebvre, Kelsey	Laurentian	12:02.11	
	41.467 (41.467)	2:11.299 (1:29.833)	3:41.964 (1:30.665)
	5:17.270 (1:35.307)	6:57.386 (1:40.116)	8:41.318 (1:43.933)
	10:25.885 (1:44.567)		
7 Rojas, Daniela	King. Achilles	12:04.40	
	38.110 (38.110)	2:03.339 (1:25.229)	3:37.702 (1:34.364)
	5:16.962 (1:39.260)	6:59.989 (1:43.027)	8:43.681 (1:43.693)
	10:26.286 (1:42.605)		

Event 12 Men 3000 M

Name	Year School	Finals
1 Darlington, Connor	Toronto West	8:31.29
	33.624 (33.624)	1:42.077 (1:08.454)
	3:59.477 (1:08.317)	2:51.161 (1:09.084)
	7:25.030 (1:08.565)	5:07.299 (1:07.822)
2 Kirby, Mitchell	Queen's	8:32.23
	35.513 (35.513)	1:46.290 (1:10.777)
	4:05.615 (1:09.935)	2:55.681 (1:09.392)
	7:29.690 (1:06.408)	5:15.096 (1:09.482)
3 Crowley, Brett	Queen's	8:32.94
	34.513 (34.513)	1:45.950 (1:11.437)
	4:05.287 (1:10.086)	2:55.202 (1:09.253)
	7:28.986 (1:06.284)	5:13.959 (1:08.672)
4 Kanko, Robert	Queen's	8:33.53
	34.625 (34.625)	1:45.390 (1:10.765)
	4:05.176 (1:10.194)	2:54.983 (1:09.594)
	7:29.416 (1:06.995)	5:14.091 (1:08.915)
5 Berhe, Alex	U.Ottawa	8:36.74
	34.297 (34.297)	1:42.326 (1:08.029)
	3:59.719 (1:08.326)	2:51.393 (1:09.067)
	7:25.863 (1:09.140)	5:07.554 (1:07.836)
6 Delange, Mitchell	Queen's	8:42.24
	35.275 (35.275)	1:45.502 (1:10.227)
	4:05.039 (1:10.312)	2:54.727 (1:09.226)
	7:33.580 (1:10.507)	5:14.245 (1:09.207)
7 Sagriff, Paul	Laurentian	8:45.15
	35.492 (35.492)	1:45.706 (1:10.215)
	4:05.160 (1:09.949)	2:55.211 (1:09.505)
	7:34.991 (1:11.413)	5:14.493 (1:09.334)
8 Flood, Matt	Queen's	8:48.36
	35.114 (35.114)	1:46.111 (1:10.997)
	4:05.481 (1:10.056)	2:55.425 (1:09.315)
	7:37.162 (1:12.310)	5:14.804 (1:09.324)
9 Alie-Lamarche, Andre	Ottawa Lions	8:56.03
	35.160 (35.160)	1:45.830 (1:10.670)
	4:05.420 (1:10.625)	2:54.795 (1:08.966)
	7:39.544 (1:14.429)	5:15.033 (1:09.614)
10 Beland, Caleb	Laurentian	9:02.50
	35.566 (35.566)	1:46.116 (1:10.550)
	4:05.640 (1:10.264)	2:55.376 (1:09.260)
	7:42.565 (1:15.954)	5:15.572 (1:09.933)
11 MacDonell, Ryan	U.Ottawa	9:15.66
	36.464 (36.464)	1:49.226 (1:12.763)
	4:18.270 (1:14.268)	3:04.002 (1:14.776)
	8:03.399 (1:14.924)	5:33.284 (1:15.015)
12 Turcanu, Philippe	Track East	9:18.73
	36.064 (36.064)	1:45.961 (1:09.897)
	4:06.586 (1:10.662)	2:55.925 (1:09.965)
	8:05.870 (1:22.748)	5:20.241 (1:13.655)

13 Hollinger, Jake	Quinte Front	9:20.85
35.244 (35.244)	1:47.563 (1:12.319)	3:01.676 (1:14.114)
4:17.454 (1:15.778)	5:33.277 (1:15.824)	6:51.443 (1:18.166)
8:07.770 (1:16.327)		
14 McGarvey, Rory	Nicholson CC	9:23.31
37.167 (37.167)	1:48.959 (1:11.792)	3:05.029 (1:16.070)
4:17.515 (1:12.487)	5:35.131 (1:17.616)	6:56.129 (1:20.998)
8:11.490 (1:15.362)		
15 Sneddon, Jay	Ottawa Lions	9:27.62
37.181 (37.181)	1:50.099 (1:12.918)	3:04.529 (1:14.430)
4:17.886 (1:13.358)	5:32.810 (1:14.924)	6:48.541 (1:15.732)
8:06.206 (1:17.666)		
16 Holton, Leo	Ottawa Lions	9:30.10
36.542 (36.542)	1:49.787 (1:13.246)	3:04.790 (1:15.003)
4:18.185 (1:13.396)	5:32.657 (1:14.473)	6:48.905 (1:16.248)
8:08.291 (1:19.386)		
17 Kemp, Eric	Track East	9:43.64
37.616 (37.616)	3:05.910 (2:28.294)	4:21.687 (1:15.778)
5:42.789 (1:21.102)	7:05.862 (1:23.074)	8:27.135 (1:21.274)
18 Buck, Bobby	Una Ontario	10:00.39
38.333 (38.333)	1:50.893 (1:12.560)	3:05.276 (1:14.384)
4:20.743 (1:15.467)	5:42.507 (1:21.765)	7:08.345 (1:25.838)
8:37.774 (1:29.429)	10:00.385 (1:22.612)	
19 Mahalanobis, Neil	U.Ottawa	10:21.92
38.566 (38.566)	1:57.313 (1:18.747)	3:19.893 (1:22.580)
4:43.003 (1:23.110)	6:06.881 (1:23.878)	7:31.753 (1:24.873)
8:58.370 (1:26.617)		
20 Muir, Robert	Ottawa Lions	10:45.73
39.723 (39.723)	1:51.149 (1:11.426)	2:01.343 (10.195)
3:24.793 (1:23.450)	4:50.151 (1:25.358)	6:18.822 (1:28.672)
7:50.592 (1:31.770)	9:23.652 (1:33.060)	
-- Passi, Liam	Laurentian	DNF
34.056 (34.056)	1:45.714 (1:11.658)	2:55.627 (1:09.914)
4:06.307 (1:10.680)		
-- Rioux, Jonathan	Ottawa Lions	DNF
34.900 (34.900)	1:45.872 (1:10.973)	2:55.045 (1:09.174)
4:05.884 (1:10.839)	5:17.545 (1:11.662)	

Event 13 Women 60 M Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1 Christie-Galloway, Keira	U.Ottawa	8.53q	1
2 Bambi, Tania	U.Ottawa	8.86q	1
3 Leveille, Maude	Sherbrooke	8.90q	1
4 Ollier, Mary	Ottawa Lions	8.99q	1
5 Dunn, Blair	Queen's	9.20q	1
6 Labarang, Charifa	Ottawa Lions	9.24q	2
7 Lucien, Nafthalia	Ottawa Lions	9.65q	2
8 Keogh, Emmanuelle	U.Ottawa	9.83q	3
9 Eng, Sara	Queen's	9.89q	2
10 Sprague, Emily	U.Ottawa	10.04q	2
11 Leask, Stephanie	Ottawa Lions	10.17	4
12 Trudeau-Meisner, Mikayla	U.Ottawa	10.65	3
13 Lapolice, Stephanie	U.Ottawa	11.20	4
14 Gowland, Maggie	Queen's	11.24	2
15 McManus, Sarah	Queen's	11.33	3
16 Goss, Chloe	Kingston T.F.C.	11.60	4
17 Istead, Nicole	Carleton	11.86	4
18 Gould, Stephanie	U.Ottawa	22.43	3

Event 13 Women 60 M Hurdles

Name	Year School	Finals	H#
Finals			
1 Christie-Galloway, Keira	U.Ottawa	8.62	2
2 Leveille, Maude	Sherbrooke	8.87	2
3 Dunn, Blair	Queen's	9.06	2
4 Ollier, Mary	Ottawa Lions	9.13	2
5 Bambi, Tania	U.Ottawa	9.14	2
6 Lucien, Nafthalia	Ottawa Lions	9.55	1
7 Keogh, Emmanuelle	U.Ottawa	9.65	1
8 Eng, Sara	Queen's	9.87	1
9 Sprague, Emily	U.Ottawa	10.09	1

Event 14 Men 60 M Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1 Makinde, Tolu	U.Ottawa	8.79q	2
2 Nault, Kevin	Ottawa Lions	8.91q	2
3 Dacosta, Tyler	U.Ottawa	8.94q	2
4 Tavernier, Telvin	Ottawa Lions	9.26q	2
5 Johnson, Matt	Ottawa Lions	9.30q	1
6 Neamtz, Carter	Carleton	9.69q	1
7 Thompson, Morgan	Vainqueurs P	9.82q	1
8 Liburd, Cornelius	Carleton	9.83q	1
9 Cantwell, Weston	Ottawa Lions	9.91q	1

Event 14 Men 60 M Hurdles

Name	Year School	Finals	H#
Finals			
1 Makinde, Tolu	U.Ottawa	8.77	1
2 Nault, Kevin	Ottawa Lions	8.84	1
3 Dacosta, Tyler	U.Ottawa	9.04	1
4 Johnson, Matt	Ottawa Lions	9.18	1
5 Tavernier, Telvin	Ottawa Lions	9.37	1
6 Liburd, Cornelius	Carleton	9.50	2
7 Thompson, Morgan	Vainqueurs P	9.71	2
8 Neamtz, Carter	Carleton	9.72	2
9 Cantwell, Weston	Ottawa Lions	10.08	2

Event 15 Women 4x200 M Relay

School	Finals	H#
1 Sherbrooke University 'A'	1:43.44	1
2 C.A.N.I. Athletics 'A'	1:44.15	1
3 Laurentian University 'A'	1:48.02	2
4 Carleton 'A'	1:50.70	2
5 Queen's University 'A'	1:51.83	3
6 University of Ottawa 'B'	1:52.65	2
7 University of Ottawa 'C'	2:02.03	3
8 Carleton 'B'	2:09.94	3

Event 16 Men 4x200 M Relay

School	Finals	H#
1 C.A.N.I. Athletics 'A'	1:28.48	1
2 Sherbrooke University 'A'	1:29.00	1

3	University of Ottawa 'A'	1:31.38	1
4	Carleton 'A'	1:32.20	2
5	C.A.N.I. Athletics 'B'	1:33.53	2
6	University of Ottawa 'B'	1:34.22	3
7	C.A.N.I. Athletics 'C'	1:38.00	2
8	Carleton 'C'	1:38.79	4
9	Carleton 'B'	1:39.72	3
10	Ottawa Lions 'A'	1:40.31	2
11	University of Ottawa 'C'	1:41.61	4
12	Royal Military College 'A'	1:42.86	4

Event 17 Women 4x400 M Relay

School	Finals
1 University of Ottawa 'A'	4:05.94
1:05.721 (1:05.721) 2:06.756 (1:01.035) 3:04.685 (57.929) 4:05.936 (1:01.252)	
2 Queen's University 'A'	4:06.38
1:01.468 (1:01.468) 2:02.777 (1:01.309) 3:04.673 (1:01.896) 4:06.375 (1:01.703)	
3 Ottawa Lions 'B'	4:17.87
1:06.344 (1:06.344) 2:08.053 (1:01.709) 3:13.269 (1:05.217) 4:17.865 (1:04.596)	
4 University of Ottawa 'C'	4:17.93
1:03.993 (1:03.993) 2:07.445 (1:03.453) 3:11.898 (1:04.454) 4:17.930 (1:06.033)	
5 University of Ottawa 'B'	4:25.81
1:07.118 (1:07.118) 2:19.087 (1:11.969) 3:20.996 (1:01.909) 4:25.801 (1:04.806)	
6 Kingston Achilles 'A'	4:34.78
1:09.243 (1:09.243) 2:15.993 (1:06.750) 3:32.814 (1:16.822) 4:34.771 (1:01.958)	

Event 18 Men 4x400 M Relay

School	Finals
1 C.A.N.I. Athletics 'A'	3:30.87
50.771 (50.771) 1:44.510 (53.739) 2:35.791 (51.282) 3:30.865 (55.074)	
2 Queen's University 'A'	3:33.24
54.008 (54.008) 1:46.076 (52.068) 2:38.714 (52.638) 3:33.238 (54.525)	
3 University of Ottawa 'A'	3:36.67
55.060 (55.060) 1:51.626 (56.566) 2:44.147 (52.522) 3:36.666 (52.519)	
4 Kingston Achilles 'A'	3:42.81
54.036 (54.036) 1:47.770 (53.735) 2:43.512 (55.743) 3:42.802 (59.290)	
5 Ottawa Lions 'B'	3:46.32
57.987 (57.987) 1:54.384 (56.397) 2:47.016 (52.633) 3:46.317 (59.302)	

Event 19 Women Pole Vault

Name	Year School	Finals
1 Smith, Heather	U.Ottawa	3.01m
2 Pantieras, Eleni	Ottawa Lions	2.81m
3 Bustillos, Lucy	Ottawa Lions	2.61m
3 Bustillos, Angelica	Ottawa Lions	2.61m
-- Nafaa, Claudine	U.Ottawa	NH
-- Maine, Chloe	Ottawa Lions	NH

Event 20 Men Pole Vault

Name	Year School	Finals
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1	Johnson, Matt	Ottawa Lions	4.31m
2	Nault, Kevin	Ottawa Lions	3.81m
3	Bustillos, Jesus	Ottawa Lions	J3.81m
4	Makinde, Tolu	U.Ottawa	3.41m
5	Seitz, Stan	Ottawa Lions	2.41m
--	Tavernier, Telvin	Ottawa Lions	NH

Event 21 Women High Jump

Name	Year	School	Finals
1	Jean, T-Noocile	McGill Olympic	1.70m
2	Cadieux, Isia	Cirrus	1.45m
3	Sprague, Emily	U.Ottawa	1.40m
4	Istead, Nicole	Carleton	1.25m
5	La Charité, Florence	S.L. Select	1.20m

Event 22 Men High Jump

Name	Year	School	Finals
1	Selloum, Ryad	McGill Olympic	2.13m
2	Lafleur, Hans	C.A.N.I.	1.95m
2	Fisher, Jordon	McGill Olympic	1.95m
4	Olak, Benayo	Brockville Leg.	1.90m
5	Sprague, Kyle	Ottawa Lions	1.80m
6	Roehl, Arne	Ottawa Lions	1.75m
7	Henry, Aidan	Brockville Leg.	1.70m
8	Seitz, Stan	Ottawa Lions	1.31m

Event 23 Women Long Jump

Name	Year	School	Finals
1	Leo, Harmine Christina	C.A. U.Montreal	4.82m
2	Richard, Julia	S.L. Select	4.75m
3	Haridas, Rinila	Ottawa Lions	4.70m
4	De Pieri, Julia	U.Ottawa	4.65m
5	Ali, Sana	S.L. Select	4.63m
6	Larry, Katharine	Kingston T.F.C.	4.36m

Event 24 Men Long Jump

Name	Year	School	Finals
1	Patterson, Bryson	C.A.N.I.	6.85m
2	Gauthier-Kwan, Olivier	Una Ontario	6.06m
3	Fraser, Aidan	C.A.N.I.	5.93m
4	Dimpengi, Heloim	Carleton	5.74m
5	Fortier, Jesse	U.Ottawa	5.57m
6	Desjardins, Joel	U.Ottawa	5.49m
7	Ung, Thomas	Queen's	5.45m
8	Kelil Kwemo, Sakhia	Queen's	4.56m
9	Fitzshaw, Bruce	Ottawa Lions	2.18m
--	Betancourt, Eduardo	C.A.N.I.	FOUL
--	Choudury, Deen	Queen's	FOUL
--	Valentine, Tim	U.Ottawa	FOUL
--	Bagate, Amara	Louis-Riel	FOUL
--	Seitz, Stan	Ottawa Lions	DNF

Event 25 Women Shot Put

Name	Year School	Finals	
1 Hertner, Christina	U.Ottawa	11.53m	Weight: 4kg
2 Sweeney, Erin	Ottawa Lions	11.49m	Weight: 3kg
3 Ferguson-Jamer, Dani	Carleton	10.96m	Weight: 4kg
4 Effenberger, Kaitlyn	Ottawa Lions	10.68m	Weight: 3kg
5 Gibbons, Hailey	Ottawa Lions	10.29m	Weight: 3kg
6 Asiamah, Brianna	Una Ontario	9.86m	Weight: 4kg
7 Coulter, Ty	U.Ottawa	9.60m	Weight: 4kg
8 MacMillan-Sayers, Grace	U.Ottawa	9.53m	Weight: 4kg
9 Culle, Arlety	Una Ontario	8.87m	Weight: 4kg
10 Jean-Denis, Jennyica	U.Ottawa	8.41m	Weight: 4kg
11 Sweeney, Morgan	Ottawa Lions	7.63m	Weight: 3kg
12 La Charité, Florence	S.L. Select	5.59m	Weight: 4kg

Event 26 Men Shot Put

Name	Year School	Finals	
1 Woodhall, Lucas	Brockville Leg.	17.34m	Weight: 5kg
2 McMann, Aidan	Una Ontario	13.16m	Weight: 12lb
3 Stachpole, Logan	Una Ontario	12.47m	Weight: 4kg
4 Nguyen, Peter	U.Ottawa	11.44m	Weight: 16lb
5 Jeffery, Alec	Carleton	10.60m	Weight: 16lb

Event 27 Women Weight Throw 20 lbs

Name	Year School	Finals	
1 Dubois, Ariane	Sherbrooke	16.82m	Weight: 25lb
2 Mityaeva, Galina	Indépendant	16.14m	Weight: 25lb
3 Coulter, Ty	U.Ottawa	15.04m	Weight: 25lb
4 Ferguson-Jamer, Dani	Carleton	14.09m	Weight: 25lb
5 MacMillan-Sayers, Grace	U.Ottawa	10.63m	Weight: 25lb
6 Hertner, Christina	U.Ottawa	10.58m	Weight: 25lb
7 Jean-Denis, Jennyica	U.Ottawa	9.34m	Weight: 25lb

Event 28 Men Weight Throw 35 lbs

Name	Year School	Finals	
1 James, Stephen	Carleton	13.63m	Weight: 35lb
2 Muller, Emil	Throwers Clu	12.71m	Weight: 12lb
3 Nguyen, Peter	U.Ottawa	11.01m	Weight: 35lb
4 Jeffery, Alec	Carleton	10.14m	Weight: 35lb
5 Petrov, George	Una Ontario	10.11m	Weight: 12lb

Event 29 Women 800 M

Name	Year School	Finals	H#
1 Klus, Samantha	U.Ottawa	2:14.34	2
2 Skorenky, Sophia	U.Ottawa	2:16.97	2
3 Brennan, Rebecca	U.Ottawa	2:17.48	2
4 Martynova, Svetlana	Ottawa Lions	2:20.55	2
5 Menard, Alexandra	U.Ottawa	2:22.81	2
6 Sidock, Olivia	U.Ottawa	2:23.01	2
7 Hicks, Holly	U.Ottawa	2:25.41	1
8 Pellerin, Skye	Ottawa Lions	2:25.99	1
9 Riley, Emma	Carleton	2:27.14	1
10 Smith, Sydney	U.Ottawa	2:27.19	2
11 Ross, Sarya	U.Ottawa	2:28.20	2
12 Jordan, Erika	Physi-Kult	2:28.88	1

13	Rossi, Jenna	U.Ottawa	2:30.00	1
14	Celac, Constanta	U.Ottawa	2:31.37	1
15	Schenk, Josilyn	Ottawa Lions	2:33.04	1
16	Fletcher, Emily	U.Ottawa	2:35.40	1
17	Martin, Sydney	U.Ottawa	2:35.96	1
18	Stockall, Jaston	Carleton	2:37.88	1
19	Yemen, Suhaila	U.Ottawa	2:40.44	1
20	Tremblay, Emily	U.Ottawa	2:44.23	1
21	Figliuzzi, Haley	U.Ottawa	2:57.26	1
22	Duhart, Emily	U.Ottawa	3:03.96	1
23	Kumarachandran, Dilana	U.Ottawa	3:31.26	1

Event 30 Men 800 M

Name	Year	School	Finals	H#
1	Saville, Sebastian	Carleton	1:51.59	3
2	Evans, Stephen	U.Ottawa	1:52.43	3
3	Binns, Remy	Ottawa Lions	1:56.67	3
4	Zanetti, Lucas	Ottawa Lions	1:56.99	3
5	Maxwell, Alex	Carleton	1:57.86	3
6	Berhe, Alex	U.Ottawa	1:58.67	3
7	Vaculik, Alex	U.Ottawa	1:59.70	3
8	M'Pindu, Kevin	U.Ottawa	2:00.27	3
9	Fast, Joe	Ottawa Lions	2:01.19	2
10	Meredith, Zachary	Ottawa Lions	2:01.61	2
11	Spoerel-Connelly, Sebast	Carleton	2:01.91	2
12	Fournier, Adrian	Ottawa Lions	2:02.00	2
13	Bruce, James	Carleton	2:02.47	2
14	Roberts, Nic	U.Ottawa	2:02.97	2
15	Westbrook, Gavin	U.Ottawa	2:03.61	1
16	Mitchell, Robbie	U.Ottawa	2:03.84	1
17	Saville, Thomas	Carleton	2:04.28	2
18	Palamar, Eric	U.Ottawa	2:05.65	2
19	Santini, Julien	U.Ottawa	2:05.66	1
20	Lorbetskie, Ken	U.Ottawa	2:09.82	1
21	MacDonell, Ryan	U.Ottawa	2:11.90	1
22	Dean, Ryan	Carleton	2:12.44	2
23	Vukovic, Luka	U.Ottawa	2:12.51	1
24	Hodgins, Seamus	Carleton	2:17.25	1
25	Hill, Darrell	Carleton	2:21.68	1
26	Kulkarni, Rohan	Carleton	2:27.88	1

Event 31 Women 4x800 M Relay

School	Finals
1 University of Ottawa 'A'	9:04.82
2 Queen's University 'A'	9:28.62