

Carleton Ravens U-Sport Last Chance - 2025-02-15

Ottawa Lions u16 Chilly Open

Louis-Riel Dome

Results

Girls 60 Meter Dash Under 16

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Meet: M 8.27 2018-02-17 Ainslie Bratus

, Kingston Achilles

Dome: D 7.71 2015-12-19 Deondra Green

, Kilomaitres

Name Year Team Finals H#

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Finals

1	Williams, Atalia	10 Ottawa Lions	8.26M	1	
2	Daigle-Dasah, Olivia	10 Ottawa Lions	8.37	1	
3	Mode, Nisha Isabelle	10 Kilomaitres	8.53	1	
4	Mourchidi, Malak	11 A.T.P.	8.61	1	
5	Hodge, Aryanna	11 Kilomaitres	8.74	2	
6	Roman Sarita, Isabel	12 York Region	8.82	2	
7	Harris, Malia	10 C.A.N.I.	8.83	3	
8	Asong Tegha, Belva	10 Kilomaitres	8.89	2	8.887
9	Kabore, Eve Celya	11 Kilomaitres	8.89	3	8.890
10	Tobal, Miranda	10 C.A.N.I.	8.93	3	
11	Mo, Katelyn	12 York Region	8.97	3	
12	Lanzillotta, Claire	11 York Region	9.09	3	
13	Brown, Adriana	12 Limitless Era	9.19	4	
14	Wright, Maya	11 York Region	9.21	4	
15	Forrest, Lauren	12 York Region	9.31	4	
16	Luz, Erica	11 Ottawa Lions	9.44	4	
17	Tedondo, Michaela	17 Gridiron Academy	9.58	5	
18	Dibo, Swahili	11 A.T.P.	9.64	2	
19	Pritchard, Hazel	12 Ottawa Lions	9.82	5	
20	Musinguzi, Lexie	14 Ottawa Lions	9.85	4	
21	Arella, Mikaela	11 Ottawa Lions	10.14	5	
22	Roy, Penny	12 Ottawa Lions	10.73	5	
23	Hill, Molly	12 Ottawa Lions	11.33	5	

Girls 150 Meter Dash Under 16

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Meet: M 19.79 2018-02-17 Ainslie Bratus

, Kingston Achilles

Dome: D 18.72 2015-01-10 Lauren Gale

, Ottawa Lions

Name	Year Team	Finals	H#
1 Williams, Atalia	10 Ottawa Lions	19.94	1
2 Daigle-Dasah, Olivia	10 Ottawa Lions	20.07	1
3 Sandy, Az'zahra	11 Kilomaitres	20.27	2
4 Mourchidi, Malak	11 A.T.P.	20.45	1
5 Mode, Nisha Isabelle	10 Kilomaitres	20.51	4
6 Harris, Malia	10 C.A.N.I.	21.42	3
7 Roman Sarita, Isabel	12 York Region	21.66	5
8 Scardini, Lua Catherine	10 Gatineau	21.73	3
9 Singerman, Madeline	11 York Region	21.77	2
10 Kabore, Eve Celya	11 Kilomaitres	21.79	4
11 Tobal, Miranda	10 C.A.N.I.	21.95	3
12 Lanzillotta, Claire	11 York Region	22.06	6 22.051
12 Mo, Katelyn	12 York Region	22.06	2 22.051
14 Hodge, Aryanna	11 Kilomaitres	22.24	4
15 Forrest, Lauren	12 York Region	22.50	5
16 Brown, Adriana	12 Limitless Era	22.51	4
17 Wright, Maya	11 York Region	22.85	6
18 Dibo, Swahili	11 A.T.P.	23.09	3
19 Smith, Caitlin	12 Ottawa Lions	23.20	7
20 Luz, Erica	11 Ottawa Lions	23.30	5
21 Kawa, Elisha	11 York Region	23.49	6
22 Arella, Mikaela	11 Ottawa Lions	24.55	7
23 Tedondo, Michaela	17 Gridiron Academy	24.74	7
24 Musinguzi, Lexie	14 Ottawa Lions	25.59	6
25 Tomas, Maia	12 Ottawa Lions	26.01	7

Girls 500 Meter Run Under 16

Meet: M 1:18.06 2024-02-17 Ellie McGregor

, Unattached

Name	Year Team	Finals
1 Singerman, Madeline	11 York Region	1:22.27
2 Zarrougui, Amira	11 A.T.P.	1:24.11
3 Kittmer, Isla	10 Ottawa Lions	1:27.01
4 Langevin, Isla	11 Brockville Legion	1:29.73
5 Palmer, Addison	11 York Region	1:34.10

6 Lepp, Quinten	12 Ottawa Lions	1:34.15
7 Lelo, Jayda	12 C.A.N.I.	1:35.18
8 Kawa, Elisha	11 York Region	1:36.63
9 Helbawi, Ara	12 Ottawa Lions	1:42.65
10 Purcell, Etain	11 Ottawa Lions	1:43.71
11 Hayes, Hailey	11 Ottawa Lions	1:51.17
12 Hill, Molly	12 Ottawa Lions	2:11.49

Girls 1000 Meter Run Under 16

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Meet: M 3:08.08 2024-02-17 Amira Zarrougui

, A.T.P.

Dome: D 2:55.13 2015-12-19 Mei Mei Weston

, Ottawa Lions

Name	Year Team	Finals
1 Zarrougui, Amira	11 A.T.P.	3:10.15
2 Kittmer, Isla	10 Ottawa Lions	3:12.89
3 Langevin, Isla	11 BrockvilleLegion	3:21.44
4 Lepp, Quinten	12 Ottawa Lions	3:24.14
5 Hoogenraad, Saoirse	11 Ottawa Lions	3:30.62
6 Palmer, Addison	11 York Region	3:39.14
7 Lelo, Jayda	12 C.A.N.I.	3:39.64
8 Hennigar, Anna	11 Ottawa Lions	3:47.70
9 Nitta Mackay, Alice	11 Ottawa Lions	3:53.00
10 Purcell, Etain	11 Ottawa Lions	3:56.60
11 Hayes, Hailey	11 Ottawa Lions	4:10.97

Girls 60 Meter Hurdles Mini Hurdles Under 16

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Hurdle Height: 26"

Meet: M 10.82 2024-02-17 Victoria Franklin

, Gatineau

Name	Year Team	Finals	H#
1 Sandy, Az'zahra	11 Kilomaitres	9.89M	1
2 Smith, Caitlin	12 Ottawa Lions	11.48	2
3 Hoogenraad, Saoirse	11 Ottawa Lions	11.73	1
4 Helbawi, Ara	12 Ottawa Lions	13.08	2
5 Tomas, Maia	12 Ottawa Lions	13.58	1
6 Roy, Penny	12 Ottawa Lions	14.18	1
7 Hill, Molly	12 Ottawa Lions	15.91	2

Girls Long Jump Under 16

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Meet: M 4.72m 2018-02-17 Anne-Marie Naveang-Plouffe  
 , Ottawa Lions

Dome: D 5.24m 2010-05-19 Clara Phillips  
 , Brookfield

Name	Year Team	Finals
1 Scardini, Lua Catherine	10 Gatineau	4.54m
2 Asong Tegha, Belva	10 Kilomaitres	4.45m
3 Pritchard, Hazel	12 Ottawa Lions	3.50m

Girls 60 Meter Hurdles Open

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76cm Barriers

Name	Year Team	Finals	
1 Casselman, Teagan	09 Ottawa Lions	9.43	Hurdle Height: 76cm
2 Riviere, Joliane	09 Gatineau	12.07	Hurdle Height: 76cm

Women 60 Meter Dash Open

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Meet: M 7.22 2024-02-17 Audrey Leduc, Universite Laval  
 Dome: D 7.22 2024-02-17 Audrey Leduc  
 , Universite Laval

uSport AutoQ: U 7.47

Name	Year Team	Prelims	H#
Preliminaries			
1 Leduc, Audrey	99 Gatineau	7.30q	1
2 Tedga, Roxane	06 Rive-Sud	7.55q	7
3 Gale, Lauren	00 Ottawa Lions	7.58q	3
4 Pinheiro, Nkeka	95 C.A.N.I.	7.59q	5
5 Ulysse, Maria Theresa	04 Athletisme Laval	7.62q	2
6 Oppong-Nketiah, Jorai	08 Ottawa Lions	7.69q	7
7 Brown, Janae	03 York Lions	7.72q	6
8 Vieux, Kayla	01 C.A.N.I.	7.79q	9
9 Basu, Rose	05 Carleton Ravens	7.82q	12
10 Eruotor, Fega	07 C.A.N.I.	7.88q	8
11 Byers, Abby	05 Laurier	7.93q	4
12 Ross McLennan, Lola	00 McGill	7.95q	13
13 Okoro, Christabel	03 York Lions	7.99	11 7.987
14 LeBlanc, Amy	07 Ottawa Lions	7.99	8 7.990

15	Castonguay, Naomie	07	Corsaire-Chaparr	8.05	1	8.042
15	Reid, Sidieka	05	Ottawa Gee-Gees	8.05	10	8.042
17	Girard, Yasmine	05	Lanaudiare	8.08	10	8.074
18	Sheare, Alexa	05	Lakehead	8.08	11	8.076
19	Racine-Prud'homme, Andre	02	MontrealCarabins	8.09	9	
20	Mulvihill, Danica	06	Ottawa Gee-Gees	8.14	4	
21	Cantin, Naomi	06	St.LaurentSelect	8.16	4	
22	Dendani-Ramirez, Sarah	08	Corsaire-Chaparr	8.18	5	8.172
23	Syllion, Rhianna	09	Unattached ON	8.18	6	8.176
24	Batangdon, Norah	09	Gatineau	8.19	8	
25	Mascitti, Giuliana	05	Laurier	8.21	3	8.203
25	Urness, Emma	00	McGill	8.21	4	8.203
27	Buffone, Livia	09	Ottawa Lions	8.21	12	8.208
28	DaSilva, Ella	05	Lakehead	8.22	3	
29	Zhang, Amy	06	Ottawa Gee-Gees	8.23	2	
30	Markin, Annel	02	Carleton Ravens	8.29	2	8.281
31	Dionne, Florence	99	MontrealCarabins	8.29	2	8.286
32	Ani-Asamani, Chrisitine	03	Carleton Ravens	8.30	7	
33	Longang, Esther	09	Limitless Era	8.34	6	8.334
34	Ahouma, Zaboro Maylis	01	LasalleAthletics	8.34	2	8.338
35	Thevenot, Alice	02	MontrealCarabins	8.37	10	
36	Flaviano, Leila	03	LasalleAthletics	8.38	1	
37	Taylor, Naima	07	Limitless Era	8.40	9	8.391
38	Pender, Tatiana	05	Ottawa Gee-Gees	8.40	1	8.394
39	DuChene, Ava	04	WaterlooWarriors	8.41	11	
40	Vivian, Jade		Ottawa Gee-Gees	8.42	2	
41	McGillvray, Kierra	06	Carleton Ravens	8.45	3	8.443
42	Da Silveira, Ionah Adjel	02	Concordia	8.45	9	8.448
43	El-Mairy, Rebecca	00	McGill	8.46	12	
44	McNeilly, Asha	04	Ottawa Gee-Gees	8.47	5	
45	Riendeau, Emma	06	Sherbrooke	8.49	5	
46	Robson-Smith, Raegan	08	York Region	8.50	7	
47	Cenac, Courtney	03	Ottawa Gee-Gees	8.52	10	
48	Salvas, Julie	78	LasalleAthletics	8.56	1	
49	Kabongo, Kaylyne	04	Carleton Ravens	8.58	4	8.573
50	Mika, Noemie	08	Limitless Era	8.58	6	8.574
51	Mounier, Mailys	05	St.LaurentSelect	8.61	3	
52	Elkouby, Megan	06	St.LaurentSelect	8.66	5	
53	Timothee, Danika	06	Carleton Ravens	8.77	10	
54	Hoang-Yip, Coralie	02	MontrealCarabins	8.81	13	
55	Assani, Deborah	05	Carleton Ravens	8.83	11	
56	Chouikhi, Balqis	07	Ottawa Lions	8.90	13	
57	Milanova, Siyana	01	Piranhas Ets	8.94	12	

58 Alexis, Wendy	55 Ottawa Lions	9.15	8
59 Bonhomme, Emmy	08 Limitless Era	9.25	7
60 Ambeault, Marie-Anne	01 Piranhas Ets	9.34	6
61 Block, Ilana	70 Vainqueurs Plus	9.87	5

Women 60 Meter Dash Open

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 Meet: M 7.22 2024-02-17 Audrey Leduc, Universite Laval

Dome: D 7.22 2024-02-17 Audrey Leduc

, Universite Laval

uSport AutoQ: U 7.47

Name	Year Team	Finals	H#
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 Finals

1 Leduc, Audrey	99 Gatineau	7.22	1
2 Tedga, Roxane	06 Rive-Sud	7.51	1 7.503
3 Ulysse, Maria Theresa	04 Athletisme Laval	7.51	1 7.508
4 Gale, Lauren	00 Ottawa Lions	7.52	1
5 Pinheiro, Nkeka	95 C.A.N.I.	7.55	1
6 Vieux, Kayla	01 C.A.N.I.	7.67	2
7 Basu, Rose	05 Carleton Ravens	7.69	2
8 Brown, Janae	03 York Lions	7.76	1
9 Ross McLennan, Lola	00 McGill	7.78	2
10 Eruotor, Fega	07 C.A.N.I.	7.81	2
11 Okoro, Christabel	03 York Lions	7.85	2
12 Byers, Abby	05 Laurier	7.87	2

Women 300 Meter Dash Open

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 Meet: M 36.48 2024-02-17 Lauren Gale

, Ottawa Lions

Dome: D 36.48 2024-02-17 Lauren Gale

, Ottawa Lions

uSport AutoQ: U 38.46

Name	Year Team	Finals	H#
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1 Gale, Lauren	00 Ottawa Lions	36.48	1
2 Lenton, Jade	03 Langley Mustangs	39.27	3
3 Blair, Hannah	00 Waterloo Track	39.78	2
4 McQuinn, Cora	04 Western Mustangs	39.87	2
5 Deslandes, Myriam	03 MontrealCarabins	39.95	2
6 Jones, Laurence	96 LavalRouge-et-Or	40.17	3
7 Oppong-Nketiah, Jorai	08 Ottawa Lions	40.18	1

8	Quaidoo, Alexandra	03 York Lions	40.77	3
9	Ojo, Hillary	04 York Lions	41.20	1
10	Murchison, Charlotte	04 York Lions	41.42	4
11	Racine-Prud'homme, Andre	02 MontrealCarabins	41.57	4
12	Pender, Tatiana	05 Ottawa Gee-Gees	41.73	5
13	White, Sydney	02 Lakehead	41.83	4
14	Urness, Emma	00 McGill	41.92	7
15	Cenac, Courtney	03 Ottawa Gee-Gees	42.24	4
16	Smardon, Shondreya	07 C.A.N.I.	42.26	6
17	DaSilva, Aly	03 Lakehead	42.50	7
18	Gilroy, Kiara	00 McGill	42.73	9
19	Cross, Laura	04 Carleton Ravens	42.74	6
20	LeBlanc, Amy	07 Ottawa Lions	42.78	10
21	Nitta Mackay, Norah	09 Ottawa Lions	42.86	8
22	Adeshida, Yulia	04 Les Coureurs	42.94	5
23	Leask, Stephanie	00 C.A.N.I.	43.02	8
24	Flaviano, Leila	03 LasalleAthletics	43.03	7
25	Taylor, Naima	07 Limitless Era	43.04	5
26	DaSilva, Ella	05 Lakehead	43.11	10
27	Buffone, Livia	09 Ottawa Lions	43.49	11
28	DuChene, Ava	04 WaterlooWarriors	43.55	9
29	Castonguay, Naomie	07 Corsaire-Chaparr	43.65	6
30	El-Mairy, Rebecca	00 McGill	43.71	7
31	Syllion, Rhianna	09 Unattached ON	43.96	10
32	Fowler, Olajiire	05 Carleton Ravens	44.05	11
33	Rigamonti, Caroline	00 St.LaurentSelect	44.10	9
34	Robinson, Skye	01 Concordia	44.19	1
35	Pierre, Kyarah	09 Limitless Era	44.35	13
36	Osborne, Manon	74 Gatineau	44.46	11
37	Wognin, Sarah	06 Ottawa Gee-Gees	44.58	12
38	Viger, Lily-Rose	08 Corsaire-Chaparr	44.65	11
39	Salvas, Julie	78 LasalleAthletics	44.69	9
40	Crey, Juliette	01 Piranhas Ets	45.05	12
41	Mika, Noemie	08 Limitless Era	45.07	12
42	Eljaji, Meerah	06 Carleton Ravens	45.35	13
43	Robson-Smith, Raegan	08 York Region	45.36	14
44	Ani-Asamani, Chrisitine	03 Carleton Ravens	45.47	13
45	Elkouby, Megan	06 St.LaurentSelect	45.48	8
46	Kabongo, Kaylyne	04 Carleton Ravens	46.29	10
47	Longang, Esther	09 Limitless Era	46.51	13
48	Audet, Florence	08 Corsaire-Chaparr	46.77	12
49	Howitt, Kimberley	84 Ottawa Lions	47.29	15
50	Timothee, Danika	06 Carleton Ravens	47.61	14

51 Langevin, Romy	06 Vaudreuil-Dorion	49.68	14
52 Bonhomme, Emmy	08 Limitless Era	50.29	14

Women 600 Meter Run Open

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Meet: M 1:30.14 2020-02-15 Jenna Smith  
, University of Guelph

Dome: D 1:29.38 2014-12-20 Karine Belleau-Beliveau  
, Vainquers

uSport AutoQ: U 1:30.71

Name	Year Team	Finals	H#
=====			
1 Smith, Sydney	97 Ottawa Lions	1:30.74	1
29.8073 (29.8073)	1:30.7333 (1:00.9260)		
2 Lenton, Jade	03 Langley Mustangs	1:30.98	1
30.0833 (30.0833)	1:30.9773 (1:00.8940)		
3 Stieh, Amy	01 Lakehead	1:32.41	1
29.9633 (29.9633)	1:32.4073 (1:02.4440)		
4 Blair, Hannah	00 Waterloo Track	1:32.56	1
29.6763 (29.6763)	1:32.5583 (1:02.8820)		
5 Dutruy, Juliette	03 LavalRouge-et-Or	1:33.38	1
30.3783 (30.3783)	1:33.3793 (1:03.0010)		
6 Essabar, Jade	03 Piranhas Ets	1:33.49	2
29.9862 (29.9862)	1:33.4852 (1:03.4990)		
7 Galle, Melina	02 LavalRouge-et-Or	1:34.53	1
30.2073 (30.2073)	1:34.5243 (1:04.3170)		
8 McGregor, Ellie	09 Ottawa Lions	1:34.62	1
30.6283 (30.6283)	1:34.6133 (1:03.9850)		
9 Boilard, Catherine	01 LavalRouge-et-Or	1:35.62	2
30.6162 (30.6162)	1:35.6172 (1:05.0010)		
10 Telford, Alexandra	96 Ottawa Lions	1:35.86	1
30.3983 (30.3983)	1:35.8553 (1:05.4570)		
11 Dewar, Shannon	08 Ottawa Lions	1:36.60	2
32.7612 (32.7612)	1:36.5972 (1:03.8360)		
12 Zinn, Alyssa	05 Laurier	1:36.78	2
31.3552 (31.3552)	1:36.7782 (1:05.4230)		
13 Bell, Frederique	03 Ottawa Gee-Gees	1:37.11	2
31.3832 (31.3832)	1:37.1012 (1:05.7180)		
14 Hebert, Marie-Ange	02 Rive-Sud	1:37.61	2
32.2432 (32.2432)	1:37.6052 (1:05.3620)		
15 Lee, Cassandra	98 Sherbrooke	1:39.16	3
32.4786 (32.4786)	1:39.1566 (1:06.6780)		
16 LeBlanc, Ella	07 Unattached ON	1:39.31	2

	30.9972 (30.9972)	1:39.3032 (1:08.3060)		
17 Ruffin, Lucie		89 St.LaurentSelect	1:39.39	3
	32.1466 (32.1466)	1:39.3826 (1:07.2360)		
18 Galati, Annalise		09 York Region	1:39.76	4
	33.4816 (33.4816)	1:39.7576 (1:06.2760)		
19 Macdonald, Aria		03 Carleton Ravens	1:39.93	3
	33.2276 (33.2276)	1:39.9216 (1:06.6940)		
20 Parkins, Kara		00 Queen's Gaels	1:40.03	3
	32.8156 (32.8156)	1:40.0266 (1:07.2110)		
21 DaSilva, Aly		03 Lakehead	1:40.15	2
	32.4292 (32.4292)	1:40.1412 (1:07.7120)		
22 McIntyre, Sophia		07 Ottawa Lions	1:41.02	4
	32.3166 (32.3166)	1:41.0166 (1:08.7000)		
23 Allanach, Janelle		03 Ottawa Gee-Gees	1:41.16	3
	33.4626 (33.4626)	1:41.1596 (1:07.6970)		
24 Robinson, Skye		01 Concordia	1:41.61	3
	33.0046 (33.0046)	1:41.6086 (1:08.6040)		
25 Villeneuve, Ciara		07 Ottawa Lions	1:41.69	4
	32.4376 (32.4376)	1:41.6826 (1:09.2450)		
26 Colgan, Valery		00 Corsaire-Chaparr	1:41.79	2
	32.1372 (32.1372)	1:41.7892 (1:09.6520)		
27 McCabe, Meredith		08 Ottawa Lions	1:42.30	4
	31.2566 (31.2566)	1:42.2966 (1:11.0400)		
28 Banville, Eugenie		01 Sherbrooke	1:42.56	4
	33.4186 (33.4186)	1:42.5516 (1:09.1330)		
29 Yesli, Celine		97 MontrealCarabins	1:42.67	4
	32.7396 (32.7396)	1:42.6636 (1:09.9240)		
30 Michalski, Jessica		05 Vaudreuil-Dorion	1:42.89	4
	32.9236 (32.9236)	1:42.8826 (1:09.9590)		
31 Howitt, Kimberley		84 Ottawa Lions	1:42.93	4
	33.0566 (33.0566)	1:42.9276 (1:09.8710)		
32 Oberlander, Sophie		00 McGill	1:43.31	3
	32.2986 (32.2986)	1:43.3096 (1:11.0110)		
33 Miller, Bellamie		05 Ottawa Gee-Gees	1:44.51	3
	33.3246 (33.3246)	1:44.5076 (1:11.1830)		
34 Tyman, Elliot		03 Ottawa Gee-Gees	1:45.02	4
	31.4356 (31.4356)	1:45.0176 (1:13.5820)		
35 Dagenais, Emy		02 Uqtr Patriotes	1:45.96	5
	35.6575 (35.6575)	1:45.9525 (1:10.2950)		
36 Tetu, Elizabeth		03 Uqtr Patriotes	1:46.08	5
	35.8605 (35.8605)	1:46.0795 (1:10.2190)		
37 Aubin, Jacqueline		07 Ottawa Lions	1:46.90	5
	35.3325 (35.3325)	1:46.8915 (1:11.5590)		

38 Gaumont Fagnan, Jeanne	06 Kilomaitres	1:48.81	5
35.6325 (35.6325)	1:48.8015 (1:13.1690)		
39 Lipari, Daphne	07 Gatineau	1:48.94	5
35.6645 (35.6645)	1:48.9335 (1:13.2690)		
40 Lamarche, Madison	05 Ottawa Gee-Gees	1:50.31	5
35.3365 (35.3365)	1:50.3015 (1:14.9650)		
41 Riviere, Joliane	09 Gatineau	1:51.39	5
35.9205 (35.9205)	1:51.3885 (1:15.4680)		
42 Chabibi, Nada	03 Corsaire-Chaparr	1:58.98	5
37.5545 (37.5545)	1:58.9775 (1:21.4230)		

Women 1000 Meter Run Open

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Meet: M 2:46.97 2023-02-18 Genevieve Paquin  
, Universite de Montreal  
Dome: D 2:42.47 2016-01-23 Gabriella Stafford  
, University of Toront  
uSport AutoQ: U 2:45.91

Name	Year Team	Finals	H#
1 Clark, Hillary	00 WaterlooWarriors	2:46.89M	1
33.4779 (33.4779)	1:42.4919 (1:09.0140)	2:46.8899	(1:04.3980)
2 Vroom, Elizabeth	04 Queen's Gaels	2:48.70	1
33.7099 (33.7099)	1:42.6559 (1:08.9460)	2:48.6959	(1:06.0400)
3 Porter, Gillian	04 Queen's Gaels	2:54.14	1
34.6009 (34.6009)	1:45.6479 (1:11.0470)	2:54.1339	(1:08.4860)
4 Lowther, Lauren	01 Queen's Gaels	2:54.66	1
35.1219 (35.1219)	1:46.2699 (1:11.1480)	2:54.6579	(1:08.3880)
5 Brennan, Becca	96 Ottawa Lions	2:57.53	1
33.2169 (33.2169)	1:43.1329 (1:09.9160)	2:57.5309	(1:14.3980)
6 Gal, Klara	05 MontrealCarabins	2:58.14	1
35.4659 (35.4659)	1:47.5899 (1:12.1240)	2:58.1389	(1:10.5490)
7 Taylor, Katherine	02 Queen's Gaels	2:58.35	1
34.8949 (34.8949)	1:46.0429 (1:11.1480)	2:58.3439	(1:12.3010)
8 Martel, Camille	06 Universite Laval	3:04.14	2
36.2291 (36.2291)	1:48.4521 (1:12.2230)	3:04.1381	(1:15.6860)
9 Kenealy, Molly	05 Queen's Gaels	3:04.97	1
36.0299 (36.0299)	1:49.7249 (1:13.6950)	3:04.9709	(1:15.2460)
10 Roberge, Alyssa	02 Remparts	3:06.21	1
35.1869 (35.1869)	1:48.2949 (1:13.1080)	3:06.2059	(1:17.9110)
11 Klufas, Daria	06 Queen's Gaels	3:08.96	1 3:08.954
36.3249 (36.3249)	1:52.3209 (1:15.9960)	3:08.9549	(1:16.6340)
11 Caron, Emy-Jade	04 Sherbrooke	3:08.96	2 3:08.954

	37.8351 (37.8351)	1:54.4001 (1:16.5650)	3:08.9541 (1:14.5540)
13 Anderton, Merissa		05 Ottawa Gee-Gees	3:12.10 2
	36.4401 (36.4401)	1:53.4721 (1:17.0320)	3:12.0941 (1:18.6220)
14 Allibon, Maya		08 Ottawa Lions	3:12.91 2
	36.4691 (36.4691)	1:53.0551 (1:16.5860)	3:12.9081 (1:19.8530)
15 Zou, Andi		05 Vaudreuil-Dorion	3:19.71 2
	39.4181 (39.4181)	1:55.8011 (1:16.3830)	3:19.7081 (1:23.9070)
16 Brasselet, Ariane		02 Piranhas Ets	3:22.86 2
	39.5081 (39.5081)	2:03.0071 (1:23.4990)	3:22.8521 (1:19.8450)
17 Patenaude, Gylaine		04 Sherbrooke	3:22.89 2
	39.9141 (39.9141)	2:03.1911 (1:23.2770)	3:22.8811 (1:19.6900)
18 Cesario, Sofia		09 Ottawa Lions	3:28.19 2
	38.6811 (38.6811)	2:02.7621 (1:24.0810)	3:28.1901 (1:25.4280)
19 Senecal, Gabrielle		01 Concordia	3:35.45 2
	41.4991 (41.4991)	2:08.9051 (1:27.4060)	3:35.4461 (1:26.5410)
20 Hedderson, Farrah		09 Ottawa Lions	3:38.56 2
	41.3241 (41.3241)	2:11.3031 (1:29.9790)	3:38.5521 (1:27.2490)

Women 1500 Meter Run Open

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Meet: M 4:25.71 2017-02-18 Julie-Anne Staehli

, Queen's University

Dome: D 4:20.23 2013-03-02 Emma Galbraith

, University of Ottawa

uSport AutoQ: U 4:23.50

Name	Year	Team	Finals	H#
1 Porter, Gillian		04 Queen's Gaels	4:45.19	1
	56.1336 (56.1336)	2:12.8376 (1:16.7040)	3:31.9996 (1:19.1620)	
	4:45.1816 (1:13.1820)			
2 Heynemand, Laurianne		01 Sherbrooke	4:48.17	1
	57.6236 (57.6236)	2:14.4896 (1:16.8660)	3:32.5426 (1:18.0530)	
	4:48.1616 (1:15.6190)			
3 Elzsem, Camilia		Athletisme Laval	4:51.24	1
	58.7516 (58.7516)	2:14.6376 (1:15.8860)	3:33.6016 (1:18.9640)	
	4:51.2386 (1:17.6370)			
4 Ouellet, Eve		06 Sherbrooke	4:52.01	1
	56.5446 (56.5446)	2:14.2946 (1:17.7500)	3:34.1676 (1:19.8730)	
	4:52.0016 (1:17.8340)			
5 Landry, Roxanne		03 Club 3D	4:52.61	1
	59.2016 (59.2016)	2:17.0166 (1:17.8150)	3:36.1136 (1:19.0970)	
	4:52.6076 (1:16.4940)			
6 Foran, Gabrielle		90 Vainqueurs Plus	4:53.84	2

57.6018 (57.6018)	2:13.9598 (1:16.3580)	3:32.3718 (1:18.4120)
4:53.8408 (1:21.4690)		
7 Klufas, Daria	06 Queen's Gaels	4:54.16 1
58.5126 (58.5126)	2:18.3346 (1:19.8220)	3:40.0516 (1:21.7170)
4:54.1566 (1:14.1050)		
8 Kenealy, Molly	05 Queen's Gaels	4:56.79 2
59.2178 (59.2178)	2:19.8858 (1:20.6680)	3:42.6308 (1:22.7450)
4:56.7898 (1:14.1590)		
9 Arabackyj, Bianca	09 Ottawa Lions	4:56.91 1
57.4756 (57.4756)	2:17.6796 (1:20.2040)	3:40.2716 (1:22.5920)
4:56.9016 (1:16.6300)		
10 Roberge, Alyssa	02 Remparts	4:57.51 2
57.9738 (57.9738)	2:16.9738 (1:19.0000)	3:39.1318 (1:22.1580)
4:57.5088 (1:18.3770)		
11 Benchimol, Sarah	07 St.LaurentSelect	4:57.58 2
1:00.6648 (1:00.6648)	2:21.6898 (1:21.0250)	3:43.3878 (1:21.6980)
4:57.5758 (1:14.1880)		
12 Le Bail, Louisiane	00 Uqam Citadins	4:57.76 2
58.8758 (58.8758)	2:18.3898 (1:19.5140)	3:39.2798 (1:20.8900)
4:57.7528 (1:18.4730)		
13 Baril, Mary-Lune	03 Sherbrooke	5:00.44 2
1:00.5718 (1:00.5718)	2:20.0138 (1:19.4420)	3:42.9058 (1:22.8920)
5:00.4398 (1:17.5340)		
14 Bolger, Natasha	03 Club 3D	5:00.80 1
58.9886 (58.9886)	2:17.8906 (1:18.9020)	3:39.1136 (1:21.2230)
5:00.7956 (1:21.6820)		
15 Maguire, Liz	66 Ottawa Lions	5:02.32 2
1:00.8418 (1:00.8418)	2:22.3368 (1:21.4950)	3:43.5798 (1:21.2430)
5:02.3138 (1:18.7340)		
16 Senechal, Clara	05 Gatineau	5:07.16 3
57.6727 (57.6727)	2:23.9437 (1:26.2710)	3:47.7807 (1:23.8370)
5:07.1527 (1:19.3720)		
17 Vonella, Sofia	07 Vaudreuil-Dorion	5:07.79 3
58.9427 (58.9427)	2:24.0667 (1:25.1240)	3:48.0417 (1:23.9750)
5:07.7907 (1:19.7490)		
18 Roze, Alice	02 Piranhas Ets	5:10.37 3
1:01.8047 (1:01.8047)	2:28.2137 (1:26.4090)	3:51.9757 (1:23.7620)
5:10.3687 (1:18.3930)		
19 Murphy, Grace	05 Queen's Gaels	5:10.58 3
59.1527 (59.1527)	2:24.7367 (1:25.5840)	3:50.7847 (1:26.0480)
5:10.5727 (1:19.7880)		
20 Briere, Meliann	03 Sherbrooke	5:10.73 3
59.5327 (59.5327)	2:24.4707 (1:24.9380)	3:48.3567 (1:23.8860)

	5:10.7217 (1:22.3650)			
21 Knight, Tessa		07 Ottawa Lions	5:11.43	2
	59.8258 (59.8258)	2:22.3058 (1:22.4800)	3:46.7038	(1:24.3980)
	5:11.4278 (1:24.7240)			
22 Anderton, Merissa		05 Ottawa Gee-Gees	5:16.04	3
	58.6137 (58.6137)	2:24.2407 (1:25.6270)	3:50.5697	(1:26.3290)
	5:16.0357 (1:25.4660)			
23 Gaumont Fagnan, Jeanne		06 Kilomaitres	5:24.19	3
	1:00.9467 (1:00.9467)	2:29.6657 (1:28.7190)	3:59.2487	(1:29.5830)
	5:24.1857 (1:24.9370)			
24 Brasselet, Ariane		02 Piranhas Ets	5:26.55	3
	1:02.7707 (1:02.7707)	2:31.2367 (1:28.4660)	4:02.2557	(1:31.0190)
	5:26.5487 (1:24.2930)			
25 Strano, Emma		Ottawa Gee-Gees	5:35.29	3
	1:02.3367 (1:02.3367)	2:30.8387 (1:28.5020)	4:04.7697	(1:33.9310)
	5:35.2867 (1:30.5170)			
26 Lavigne, Juliette		05 Vaudreuil-Dorion	6:09.42	3
	1:05.0257 (1:05.0257)	2:43.6367 (1:38.6110)	4:27.8967	(1:44.2600)
	6:09.4167 (1:41.5200)			
-- Caron, Emy-Jade		04 Sherbrooke	DNF	2
	1:00.3198 (1:00.3198)			

Women 3000 Meter Run Open

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Meet: M 9:17.39 2017-02-18 Brogan MacDougall

, Physi-Kult

Dome: D 9:17.39 2017-02-18 Brogan MacDougall

, Physi-Kult

uSport AutoQ: U 9:30.38

Name	Year	Team	Finals	
1 Gauthier, Laurence	02	Sherbrooke	9:34.59	
	39.1213 (39.1213)	1:55.5523 (1:16.4310)	3:12.5213	(1:16.9690)
	4:29.2313 (1:16.7100)	5:45.3073 (1:16.0760)	7:02.0343	(1:16.7270)
	8:19.9383 (1:17.9040)	9:34.5853 (1:14.6470)		
2 Simard, Amelie	03	Unattached ON	10:10.54	
	40.4293 (40.4293)	2:02.9393 (1:22.5100)	3:24.7623	(1:21.8230)
	4:46.0323 (1:21.2700)	6:06.2403 (1:20.2080)	7:28.1093	(1:21.8690)
	8:50.4053 (1:22.2960)	10:10.5373 (1:20.1320)		
3 Champigny, Gabrielle	96	Club 3D	10:23.64	
	40.1883 (40.1883)	2:02.7483 (1:22.5600)	3:25.3733	(1:22.6250)
	4:48.0693 (1:22.6960)	6:10.7753 (1:22.7060)	7:34.1723	(1:23.3970)
	8:59.0683 (1:24.8960)	10:23.6363 (1:24.5680)		

4 Hebert, Marie-Ange	02 Rive-Sud	10:27.22
41.0603 (41.0603)	2:04.3683 (1:23.3080)	3:27.5833 (1:23.2150)
4:51.5383 (1:23.9550)	6:17.4263 (1:25.8880)	7:42.3623 (1:24.9360)
9:07.9893 (1:25.6270)	10:27.2143 (1:19.2250)	
5 Veilleux, Sofia	04 St.LaurentSelect	10:30.44
41.4523 (41.4523)	2:04.6713 (1:23.2190)	3:27.9883 (1:23.3170)
4:51.8293 (1:23.8410)	6:17.1303 (1:25.3010)	7:42.0673 (1:24.9370)
9:08.2603 (1:26.1930)	10:30.4343 (1:22.1740)	
6 Clinton, Charlotte	06 Queen's Gaels	10:47.66
41.2093 (41.2093)	2:04.4233 (1:23.2140)	3:28.2663 (1:23.8430)
4:53.3213 (1:25.0550)	6:21.3483 (1:28.0270)	7:51.2993 (1:29.9510)
9:22.0913 (1:30.7920)	10:47.6513 (1:25.5600)	
7 Roze, Alice	02 Piranhas Ets	11:06.12
43.0363 (43.0363)	2:11.7083 (1:28.6720)	3:42.9093 (1:31.2010)
5:12.8403 (1:29.9310)	6:43.4813 (1:30.6410)	8:14.2903 (1:30.8090)
9:44.4313 (1:30.1410)	11:06.1183 (1:21.6870)	
8 Rivard, Raphaelle	02 Sherbrooke	11:30.25
41.9543 (41.9543)	2:07.4873 (1:25.5330)	3:36.0163 (1:28.5290)
5:07.2403 (1:31.2240)	6:41.5563 (1:34.3160)	8:18.4363 (1:36.8800)
9:57.1063 (1:38.6700)	11:30.2423 (1:33.1360)	
9 Gauge, Coline	00 Sherbrooke	12:07.67
45.3493 (45.3493)	2:22.1713 (1:36.8220)	3:59.5853 (1:37.4140)
5:38.0863 (1:38.5010)	7:16.4023 (1:38.3160)	8:56.1563 (1:39.7540)
10:35.0333 (1:38.8770)	12:07.6683 (1:32.6350)	
-- Hutt, Elissande	08 Ottawa Lions	DNF
39.5973 (39.5973)	1:56.3863 (1:16.7890)	3:24.7993 (1:28.4130)
5:05.1503 (1:40.3510)	6:50.1873 (1:45.0370)	8:41.5733 (1:51.3860)
10:31.0003 (1:49.4270)		
-- Camire Matveyenko, Elana	99 Sherbrooke	DNF
38.8553 (38.8553)	1:55.2593 (1:16.4040)	3:12.5143 (1:17.2550)

Women 60 Meter Hurdles Open

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Meet: M 8.55 2019-02-16 Farah Jacques

, Ottawa Lions

Dome: D 8.49 2011-02-12 Ashlea Maddex

, University of Ottawa

uSport AutoQ: U 8.47

Name	Year Team	Prelims	H#
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Preliminaries

1 Courteau, Vienna	03 Ottawa Gee-Gees	9.02q	1
2 Phan, Adriana	01 MontrealCarabins	9.10q	1

3	Mostel, Tina	04	MontrealCarabins	9.16q	1
4	Moreland, Kathryn	05	Ottawa Gee-Gees	9.31q	2
5	Cantin, Naomi	06	St.LaurentSelect	9.52q	1
6	Donati-Stoyanov, Kalina	05	Sherbrooke	9.79q	3
7	Riendeau, Emma	06	Sherbrooke	9.91	2
8	Gilroy, Kiara	00	McGill	10.14	2
9	Naveang-Plouffe, Anne-Ma	02	Sherbrooke	10.16	2
10	Ikhlef, Lina	00	McGill	10.23	3

Women 60 Meter Hurdles Open

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Meet: M 8.55 2019-02-16 Farah Jacques  
, Ottawa Lions

Dome: D 8.49 2011-02-12 Ashlea Maddex  
, University of Ottawa

uSport AutoQ: U 8.47

Name	Year Team	Finals
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Finals

1	Phan, Adriana	01	MontrealCarabins	8.85
2	Courteau, Vienna	03	Ottawa Gee-Gees	8.96
3	Mostel, Tina	04	MontrealCarabins	9.07
4	Moreland, Kathryn	05	Ottawa Gee-Gees	9.23
5	Donati-Stoyanov, Kalina	05	Sherbrooke	9.82

Women 4x200 Meter Relay Open

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Meet: M 1:41.58 2020-02-15 Universite Laval  
, Universite Laval

Audrey L., Emy B., Sandrine F., Rose-Emilie C.

Dome: D 1:40.28 2013-02-09 Ottawa Lions  
, Ottawa Lions

Charifa L., Victoria M., Clara P., Shelani F.

uSport AutoQ: U 1:40.20

Team	Finals	H#
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1	Montreal Carabins 'A'	1:39.19U	1
	1) Vallee, Julia 04	2) Phan, Adriana 01	
	3) Corriveau-Tozzi, Laetitia 02	4) Deslandes, Myriam 03	
	48.9270 (48.9270)	1:39.1900 (50.2630)	
2	York Lions 'A'	1:41.08M	1

1) Brown, Janae 03	2) Quaidoo, Alexandra 03		
3) Ojo, Hillary 04	4) Murchison, Charlotte 04		
50.6820 (50.6820)	1:41.0750 (50.3930)		
3 Lakehead Thunderwolves 'A'		1:41.73	1
52.1140 (52.1140)	1:41.7210 (49.6070)		
4 Laurier Golden Hawks 'A'		1:45.79	2
1) Mascitti, Giuliana 05	2) Byers, Abby 05		
3) Poulter, Chloe 04	4) Sabree, Anisah 06		
52.4480 (52.4480)	1:45.7840 (53.3360)		
-- Ottawa Gee-Gees 'A'		DNF	1
1) Reid, Sidieka 05	2) Moreland, Kathryn 05		
3) Courteau, Vienna 03	4) Ouangre, Sarah 03		

Women 4x400 Meter Relay Open

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Meet: M 3:54.50 2023-02-18 University of Ottawa  
, University of Otta  
Katie M., Doyin O., Brooklyn M., Kennedy B.  
Dome: D 3:44.53 2011-02-12 Canada  
, Canada

uSport AutoQ: U 3:49.59

Team	Finals	
1 Ottawa Gee-Gees 'A'	3:54.89	
1) Pender, Tatiana 05	2) Moreland, Kathryn 05	
3) Cenac, Courtney 03	4) Bell, Frederique 03	
1:00.6766 (1:00.6766)	1:56.9316 (56.2550)	2:56.9506 (1:00.0190)
3:54.8886 (57.9380)		
2 McGill 'A'	3:56.62	
58.8246 (58.8246)	1:58.7136 (59.8890)	2:58.3356 (59.6220)
3:56.6166 (58.2810)		
3 Laurier Golden Hawks 'A'	3:57.29	
1) Byers, Abby 05	2) Poulter, Chloe 04	
3) Sabree, Anisah 06	4) Zinn, Alyssa 05	
1:00.2916 (1:00.2916)	1:59.1836 (58.8920)	2:58.4866 (59.3030)
3:57.2836 (58.7970)		
4 Waterloo Warriors 'A'	3:58.57	
1) Fernandez, Brielle 02	2) Odukoya, Emmanuela 05	
3) Schindler, Nicole 02	4) Clark, Hillary 00	
58.4586 (58.4586)	2:00.6106 (1:02.1520)	3:00.8726 (1:00.2620)
3:58.5616 (57.6890)		
5 Ottawa Gee-Gees 'B'	4:11.63	

1) Lalonde, Ella 04	2) Allanach, Janelle 03
3) Miller, Bellamie 05	4) Tyman, Elliot 03
1:02.9406 (1:02.9406)	2:03.6376 (1:00.6970)      3:08.0236 (1:04.3860)
4:11.6246 (1:03.6010)	
6 Carleton Ravens 'A'	4:20.61
1) Cross, Laura 04	2) Fowler, Olajiire 05
3) Kabongo, Kaylyne 04	4) Macdonald, Aria 03
1:01.8986 (1:01.8986)	2:07.8296 (1:05.9310)      3:17.6386 (1:09.8090)
4:20.6106 (1:02.9720)	

Women 4x800 Meter Relay Open

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Meet: M 9:03.28 2023-02-17 Universite Montreal

, Universite Montreal

Genevieve P., Gabrielle C., Mariane G., Murielle A

Dome: D 9:03.28 2023-02-17 Universite Montreal

, Universite Montreal

Genevieve P., Gabrielle C., Mariane G., Murielle A

uSport AutoQ: U 8:57.27

Team	Finals
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1 Sherbrooke Vert-et-Or 'A'	8:55.08U
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1) Marin, Sandrine 99	2) Dube, Eloise 00
3) Ben Hamou, Elsa 03	4) Desjarlais, Laurie 98

1:05.8556 (1:05.8556)	2:15.8816 (1:10.0260)	3:21.3536 (1:05.4720)
4:32.2996 (1:10.9460)	5:38.2926 (1:05.9930)	6:46.6526 (1:08.3600)
7:50.1386 (1:03.4860)	8:55.0806 (1:04.9420)	

Women High Jump Open

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Meet: M 1.73m 2019-02-16 Barbara Bitchoka

, C.A.N.I.

Dome: D 1.85m 2020-01-20 Barbara Bitchoka

, C.A.N.I.

uSport AutoQ: U 1.71m

Name	Year Team	Finals
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1 Lorenzo, Marguerite	99 St.LaurentSelect	1.78mM
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1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.70	1.75	1.78	1.81
P	P	P	P	P	P	P	O	XXO	XXO	XXX

2 Moreland, Elizabeth	03 Ottawa Gee-Gees	1.55m
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1.30	1.35	1.40	1.45	1.50	1.55	1.60				
P	P	P	O	O	O	XXX				

3 Najarian, Oceane	02 Sherbrooke	1.55m
1.30 1.35 1.40 1.45 1.50 1.55 1.60		
P P P P XO O XXX		
4 Lalonde, Ella	04 Ottawa Gee-Gees	1.50m
1.30 1.35 1.40 1.45 1.50 1.55		
P P P O O XXX		
5 Naveang-Plouffe, Anne-Ma	02 Sherbrooke	1.45m
1.30 1.35 1.40 1.45 1.50		
P O O XO XXX		
6 Ikhlef, Lina	00 McGill	1.35m
1.30 1.35 1.40		
O XO XXX		
7 Ostertag, Coralie	02 Ottawa Gee-Gees	1.35m
1.30 1.35 1.40		
XO XXO XXX		
8 Gardiner, Roxanne	09 Ottawa Lions	1.30m
1.30 1.35		
O XXX		

#### Women Pole Vault Open

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Meet: M 3.75m 2020-02-15 Caroline Poirier  
, University of Ottawa

Dome: D 4.05m 2011-03-05 Melanie Blouin  
, Universite Laval

uSport AutoQ: U 3.89m

Name	Year Team	Finals
1 Miller, Meg	00 McGill	2.46m
1.86 2.06 2.26 2.46 2.66		
P P O O XXX		
2 Hopkins, Leila	00 McGill	2.46m
1.86 2.06 2.26 2.46 2.66		
P P P XO XXX		
3 Morin, Alexis	06 Ottawa Lions	2.26m
1.86 2.06 2.26 2.46		
P O O XXX		
4 Lorz, Abigail	09 Ottawa Lions	2.26m
1.86 2.06 2.26 2.46		
O XO XXO XXX		
5 Aubin, Jacqueline	07 Ottawa Lions	2.06m
1.86 2.06 2.26		
P O XXX		

-- Chouikhi, Balqis                   07 Ottawa Lions                   NH  
1.86 2.06 2.26 2.46 2.66 2.86 3.06  
P    P    P    P    P    P    XXX

-- Lupien, Rosalie                   00 Carleton Ravens                NH  
1.86 2.06 2.26 2.46 2.66 2.86  
P    P    P    P    P    XXX

-- Hoang-Yip, Coralie                02 MontrealCarabins               NH  
1.86 2.06 2.26  
P    P    XXX

Women Long Jump Open

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Meet: M 5.91m 2024-02-17 Maoly St-Germain  
, Universite Sherbrooke

Dome: D 6.01m 2013-02-09 Laurence Beudet  
, Corsaire Chaparal

uSport AutoQ: U 6.01m

Name	Year	Team	Finals	H#	
1 St-Germain, Maoly	02	Sherbrooke	6.01mD	2	
5.76m	FOUL	FOUL	6.01m	5.87m	4.26m
2 Jones, Laurence	96	LavalRouge-et-Or	5.46m	2	
5.25m	5.46m	5.35m	5.22m	5.20m	5.37m
3 Patrick, Lecia	07	C.A.N.I.	5.43m	2	
5.24m	5.43m	5.16m			
4 Bryson, Megan	01	Lakehead	5.42m	2	
5.17m	5.36m	5.32m	5.42m	5.36m	5.22m
5 Courteau, Vienna	03	Ottawa Gee-Gees	5.40m	2	
5.40m	5.28m	5.32m			
6 Chabaud, Lena	05	MontrealCarabins	5.38m	1	
FOUL	5.30m	5.14m	FOUL	5.38m	5.06m
7 Ahouma, Zaboro Maylis	01	LasalleAthletics	5.35m	1	
4.45m	4.95m	5.35m	5.07m	5.05m	5.27m
8 Ouangre, Sarah	03	Ottawa Gee-Gees	5.32m	2	
5.32m	FOUL	5.15m	4.63m	PASS	PASS
9 Adeshida, Yulia	04	Les Coureurs	5.22m	2	
5.22m	5.00m	5.18m			
10 Shearmur, Elizabeth	07	St.LaurentSelect	5.21m	2	
FOUL	FOUL	5.21m			
11 Hampson, Laila	04	York Lions	5.14m	1	
4.79m	5.00m	5.14m			
12 Adeleye, Deborah	08	C.A.N.I.	5.06m	2	
5.04m	5.06m	4.41m			

13 Wallace, Sara	05 Ottawa Gee-Gees	5.06m	2
5.06m 4.93m 4.56m			
14 Donati-Stoyanov, Kalina	05 Sherbrooke	4.91m	1
4.69m 4.91m 4.91m			
15 Fournier, Jia	04 MontrealCarabins	4.78m	1
4.71m 4.78m FOUL			
16 Zhang, Amy	06 Ottawa Gee-Gees	4.76m	1
FOUL 4.74m 4.76m			
17 Muraleetharan, Abinaya	04 York Lions	4.67m	1
4.34m 4.24m 4.67m			
18 Stawnyczy, Claire	03 Kilomaitres	4.64m	1
4.63m 4.64m 4.62m			
19 Eshkawkogan, Saraya	06 York Lions	4.53m	1
4.22m 4.53m FOUL			
20 Ostertag, Coralie	02 Ottawa Gee-Gees	4.13m	1
4.13m 4.01m FOUL			
-- Moreland, Kathryn	05 Ottawa Gee-Gees	FOUL	2
FOUL PASS PASS			
-- Vygunthavasan, Raveena	04 York Lions	FOUL	1
FOUL FOUL FOUL			

Women Triple Jump Open

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Meet: M 11.90m 2018-02-17 Valerie Kodo Ella  
, Unattached

Dome: D 11.90m 2018-02-17 Valerie Kodo Ella  
, Unattached

uSport AutoQ: U 12.05m

Name	Year Team	Finals
1 Gilbert, Ella-Grace	03 Carleton Ravens	11.67m
FOUL 11.65m 11.35m 11.67m FOUL FOUL		
2 Moreland, Elizabeth	03 Ottawa Gee-Gees	11.59m
11.45m 11.52m 11.36m 11.54m FOUL 11.59m		
3 Blagogee, Eyrarn	05 MontrealCarabins	11.28m
11.17m 11.24m 11.05m 11.05m 11.19m 11.28m		
4 Reid, Sidieka	05 Ottawa Gee-Gees	10.98m
FOUL 10.98m 10.80m 10.32m 10.91m 10.84m		
5 Sivachandran, Shankari	03 York Lions	10.75m
10.51m FOUL 10.75m FOUL FOUL 10.75m		
6 McNeilly, Asha	04 Ottawa Gee-Gees	10.56m
FOUL 10.06m 10.56m 10.15m 10.36m 10.39m		
7 Hampson, Laila	04 York Lions	10.34m

9.73m 10.13m 9.95m FOUL 9.92m 10.34m  
 8 Chabaud, Lena 05 MontrealCarabins 10.23m  
 10.22m 10.23m  
 9 Eshkawkogan, Saraya 06 York Lions 9.64m  
 9.64m 9.56m 9.63m  
 10 Bricard, Sidonie 05 MontrealCarabins 9.55m  
 9.55m FOUL FOUL

Women Shot Put Open

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Meet: M 13.66m 2020-02-15 Ivonne Coulibaly  
 , Universite Laval

Dome: D 16.76m 2016-01-23 Brittany Crew  
 , York University

uSport AutoQ: U 13.21m

Name	Year Team	Finals
1 Asiamah, Brianna	01 Carleton Ravens	13.39mU
12.61m 12.40m FOUL	13.39m 12.84m 13.18m	
2 Gyamfi, Jessica	04 Ottawa Gee-Gees	12.95m
12.70m 11.80m 12.52m FOUL	12.70m 12.95m	
3 Gilbert, Sadie	07 Ottawa Lions	11.05m
10.37m 10.69m FOUL FOUL	11.05m FOUL	
4 Guy, Audrey	01 Sherbrooke	9.73m
9.67m 9.73m FOUL FOUL	9.42m 9.58m	
5 Traore, Houria	03 MontrealCarabins	9.64m
9.11m 9.00m 9.64m 9.53m	9.62m 9.23m	
6 Purves, Katie	00 McGill	9.50m
9.50m FOUL 9.38m 8.59m	FOUL 8.80m	
7 Villeneuve, Ella	00 McGill	8.90m
8.76m 8.46m 8.90m 8.64m	8.68m 8.48m	
8 Parent-Delgadillo, Dora	04 MontrealCarabins	7.58m
7.58m FOUL 7.51m 7.58m	FOUL FOUL	
9 Taburet, Lison	00 McGill	6.70m
5.23m 6.70m 6.03m		
10 Ostertag, Coralie	02 Ottawa Gee-Gees	6.50m
FOUL 4.98m 6.50m		

Women Weight Throw Open

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Meet: M 18.21m 2019-02-16 Ariane Dubois  
 , Universite Sherbrooke

Dome: D 21.19m 2016-12-17 Sultana Frizell

, Ottawa Lions

uSport AutoQ: U 16.64m

Name	Year	Team	Finals
1 Gyamfi, Jessica	04	Ottawa Gee-Gees	14.80m
FOUL	12.84m	14.62m	14.80m 14.67m 13.36m
2 Traore, Houria	03	MontrealCarabins	12.87m
12.79m	FOUL	11.64m	12.87m 10.52m 10.84m
3 Villeneuve, Ella	00	McGill	12.67m
11.86m	12.37m	12.27m	11.57m FOUL 12.67m
4 Taburet, Lison	00	McGill	12.41m
FOUL	10.47m	11.29m	11.26m 12.41m 11.68m
5 Tedford, Veronica	06	Carleton Ravens	10.99m
10.99m	10.39m	FOUL	10.59m FOUL 9.94m
5 Guy, Audrey	01	Sherbrooke	10.99m
FOUL	FOUL	10.52m	FOUL FOUL 10.99m
7 Purves, Katie	00	McGill	10.39m
9.20m	10.37m	FOUL	FOUL FOUL 10.39m
8 Parent-Delgadillo, Dora	04	MontrealCarabins	9.75m
FOUL	9.75m	9.13m	FOUL 8.22m 8.39m
9 Fairclough, Calyse	04	Carleton Ravens	8.79m
FOUL	8.29m	8.79m	

Boys 60 Meter Dash Under 16

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Meet: M 7.56 2024-02-17 Basirou Sorne

, Gridiron Academy

Dome: D 7.24 2008-12-13 Toluwalope Makinde

, Ottawa Lions

Name	Year	Team	Finals	H#
1 Sater - Vieux, Matheo	10	Gridiron Academy	7.77	2
2 Lussier, William	11	Ottawa Lions	7.79	1
3 Enyeka, Jeansime	10	C.A.N.I.	7.88	1
4 Sorne, Kam	10	Gridiron Academy	8.14	1
5 Patenaude, Jean-Marc	11	Ottawa Lions	8.15	1
6 Mbagwu, Chimdi	10	Ottawa Lions	8.35	2
7 Lavigne, Elyam	10	Gatineau	8.41	2
8 Tedondo, Carter	15	Gridiron Academy	9.04	2
9 Lemay, Isaac	11	Gridiron Academy	9.09	3
10 Bayne, Ariel	12	Kilomaitres	9.25	1
11 Taylor, Kaden	11	C.A.N.I.	9.36	2
12 Lewis, Keton	12	Gridiron Academy	9.52	3

13 Vander Heyden, Carmello	15 Gridiron Academy	9.80	3
14 Lewis, Kaleb	15 Gridiron Academy	9.87	3
15 St. Louis, Jayke	13 Limitless Era	9.91	4
16 Crooks, Evander	15 Gridiron Academy	9.96	3
17 Lefebvre, Lucas	15 Gridiron Academy	10.17	4
18 Aheto-Tsegah, Matthew	15 Gridiron Academy	10.78	4
19 Evans, Spencer	12 Gridiron Academy	10.89	4
20 Roman, Marcus	15 Limitless Era	11.15	4

Boys 150 Meter Dash Under 16

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Meet: M 18.23 2023-02-18 Connor England  
, Ottawa Lions

Dome: D 17.10 2008-12-04 Hercules Glaude  
, Mont-Bleu

Name	Year Team	Finals	H#
1 Lussier, William	11 Ottawa Lions	18.06M	1
2 Enyeka, Jeansime	10 C.A.N.I.	18.46	1
3 Sater - Vieux, Matheo	10 Gridiron Academy	19.01	2
4 Patenaude, Jean-Marc	11 Ottawa Lions	19.17	1
5 Sorne, Kam	10 Gridiron Academy	19.91	2
6 Lavigne, Elyam	10 Gatineau	19.97	2
7 Bayne, Gabriel	11 Kilomaitres	20.80	2
8 Smeltzer, Michael	11 Ottawa Lions	21.37	3
9 Taylor, Kaden	11 C.A.N.I.	22.36	3
10 Tedondo, Carter	15 Gridiron Academy	22.39	3
11 Bayne, Ariel	12 Kilomaitres	22.42	6
12 Lemay, Isaac	11 Gridiron Academy	22.75	4
13 Lewis, Kaleb	15 Gridiron Academy	23.68	4
14 Vander Heyden, Carmello	15 Gridiron Academy	23.73	4
15 Lewis, Keton	12 Gridiron Academy	23.90	4
16 Crooks, Evander	15 Gridiron Academy	24.71	5
17 Lefebvre, Lucas	15 Gridiron Academy	24.78	5
18 St. Louis, Jayke	13 Limitless Era	25.43	6
19 Aheto-Tsegah, Matthew	15 Gridiron Academy	28.13	5
20 Evans, Spencer	12 Gridiron Academy	28.15	5
21 Roman, Marcus	15 Limitless Era	28.34	6

Boys 500 Meter Run Under 16

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Meet: M 1:13.00 2024-02-17 Onyx Sineus  
, C.A.N.I.

Name	Year Team	Finals
1 Sineus, Onyx	10 C.A.N.I.	1:13.96
2 Sineus, Zain	10 C.A.N.I.	1:17.00
3 Branch, Timothy	11 Kilomaitres	1:18.29
4 Mo, Tyler	10 York Region	1:22.67
5 Audet, Loann	11 Kilomaitres	1:26.86
6 Gellings, Noah	12 Ottawa Lions	1:34.28

Boys 1000 Meter Run Under 16

Meet: M 3:00.39 2024-02-17 Onyx Sineus  
, C.A.N.I.

Dome: D 2:33.63 2013-12-21 Nijib El Andaloussi  
, Vandreuil-Dorion

Name	Year Team	Finals
1 Sineus, Onyx	10 C.A.N.I.	2:50.84M
2 Sineus, Zain	10 C.A.N.I.	2:57.64M
3 Branch, Timothy	11 Kilomaitres	3:06.59
4 Audet, Loann	11 Kilomaitres	3:08.89
5 Gellings, Noah	12 Ottawa Lions	3:20.65

Boys 60 Meter Hurdles Mini Hurdles Under 16

Hurdle Height: 26"

Meet: M 9.82 2023-02-18 Dylan Dignard  
, Ottawa Lions

Name	Year Team	Finals
1 Smeltzer, Michael	11 Ottawa Lions	10.99
2 De Carufel, Theo	10 Gatineau	11.11

Boys Long Jump Under 16

Meet: M 5.49m 2020-02-15 Jay Yetman  
, Ottawa Lions

Dome: D 6.19m 2010-05-19 Sylvain Mbuyamba  
, Lester B. Pearson

Name	Year Team	Finals
1 De Carufel, Theo	10 Gatineau	5.02m
2 Lussier, William	11 Ottawa Lions	4.88m

3 Patenaude, Jean-Marc	11 Ottawa Lions	4.81m
4 Bayne, Gabriel	11 Kilomaitres	4.65m
5 Mbagwu, Chimdi	10 Ottawa Lions	4.57m

Boys 60 Meter Hurdles Open

84cm Barriers

Name	Year Team	Finals	H#	
1 Hodgson, Samuel	06 Corsaire-Chaparr	8.50	2	Hurdle Height: 99cm
2 Mordel, Eli	08 Ottawa Lions	8.63	2	Hurdle Height: 99cm
3 Gratton, Jonah	07 Ottawa Lions	8.64	2	Hurdle Height: 99cm
4 Pinto, Cohen	08 Ottawa Lions	9.43	1	Hurdle Height: 91cm
5 Uche, Augustine	07 Ottawa Lions	9.88	2	Hurdle Height: 99cm
6 Lu Langley, Jimmy	08 Ottawa Lions	9.98	1	Hurdle Height: 91cm

Men 60 Meter Dash Open

Meet: M 6.78 2023-02-18 Immanuel Onyemah

, University of Waterloo

Dome: D 6.62 2010-02-13 Sam Effah

, University of Calgary

uSport AutoQ: U 6.76

Name	Year Team	Prelims	H#	
1 Adjibi, Elizier	00 C.A.N.I.	6.81q	1	
2 Robinson, Lucanus	96 Concordia	6.95q	4	
3 Halog, Jonelle	95 C.A.N.I.	6.96q	3	
4 Colpron, Vincent	98 St.LaurentSelect	6.98q	16	
5 Jamal, Braenen	93 Limitless Era	7.02q	8	
6 Elkin, Jaydon	06 St.LaurentSelect	7.03q	13	
7 Ahmed, Shamwilu	93 LasalleAthletics	7.04q	7	
8 Balson, Stephan	06 Ottawa Lions	7.05q	2	7.046
9 Tran, Phu Thanh	98 St.LaurentSelect	7.05q	9	7.049
10 Tounkara, Ty	05 Ottawa Lions	7.06q	5	
11 Joseph, Stephane	04 Limitless Era	7.07q	15	
12 Lindo, Tamarri	03 York Lions	7.08q	18	7.072
13 Kramo, Ange-Mathis	08 Ottawa Lions	7.08	2	7.076
14 Songmene, Harold	01 C.A.N.I.	7.09	12	7.083
15 Houde, Zachary	04 LavalRouge-et-Or	7.09	6	7.085
16 Gurnsey, Joel	01 Ottawa Gee-Gees	7.10	16	
17 N'Doye, El-Hadj Francois	89 LasalleAthletics	7.12	17	

18	Manouchehr, Dominik	03	WaterlooWarriors	7.13	13	
19	Bertrand, Cellou	01	LasalleAthletics	7.14	19	7.131
20	McRae, Kwabena	06	York Lions	7.14	15	7.133
21	Nicoletti, Luca	00	McGill	7.15	18	7.144
22	Maazami, Youssef-Mehdi	95	St.LaurentSelect	7.15	11	7.150
23	Milien, Brian	06	St.LaurentSelect	7.16	14	7.155
24	Mailloux Collin, David	02	MontrealCarabins	7.16	12	7.157
25	Amato, Samuel	05	WaterlooWarriors	7.17	8	7.163
25	McGowan, John	06	Unattached ON	7.17	5	7.163
27	Jackson, Kejean	97	York Lions	7.18	19	
28	Renn, Owen	05	Lakehead	7.20	14	
29	Sami, Ahmed	01	LavalRouge-et-Or	7.21	17	
30	Cheong Hin, Gabriel	04	Rive-Sud	7.22	9	
31	Vanneste, Quinn	08	Gridiron Academy	7.24	4	
32	Narcisse, Alex Jr	05	Rive-Sud	7.25	2	
33	Alexandre, Anderson	08	Limitless Era	7.26	1	7.256
34	Alcena, Giovanni Marven	05	MontrealCarabins	7.26	10	7.260
35	Tapa, Jamie		Ottawa Gee-Gees	7.27	17	7.261
36	Ng-A-Fook, Ezra	07	Ottawa Lions	7.27	4	7.265
37	Haddad, Joseph	98	MontrealCarabins	7.27	7	7.266
38	Omotayo, Ayomide	02	Ottawa Lions	7.30	13	
39	Momperousse, Dartagnan	06	Rive-Sud	7.32	6	
40	Cazabon, Maxime	09	Ottawa Lions	7.35	16	7.344
41	Meikle, Jamie	07	Ottawa Lions	7.35	1	7.346
42	Ouardirhi, Karim	00	MontrealCarabins	7.35	14	7.347
43	Lavoie, Maxime	01	Sherbrooke	7.36	20	
44	Costanzo, Jesse	07	Ottawa Lions	7.37	3	7.364
45	Lavallee, Felix	01	MontrealCarabins	7.37	15	7.366
46	Sanvi, Ohini Yanis	99	LasalleAthletics	7.38	6	7.372
47	Bernier-Woel, Karim	94	LasalleAthletics	7.38	10	7.374
48	Sassi, Philip	96	St.LaurentSelect	7.40	3	
49	Placid, Xavier	08	Ottawa Lions	7.43	13	7.421
50	Salisbury, Simon	07	Ottawa Lions	7.43	2	7.422
51	Nached, Gabriel	03	MontrealCarabins	7.43	8	7.425
52	Bouamrane, Leo	00	Piranhas Ets	7.44	8	
53	Carretier, Nathan	01	Piranhas Ets	7.45	20	
54	Mellor, Samuel	05	LasalleAthletics	7.46	7	7.456
55	McNaught, Owen	07	Ottawa Lions	7.46	14	7.460
56	Cantave, Jonathan	99	Uqam Citadins	7.47	5	7.463
57	Poirier, Christophe	03	MontrealCarabins	7.47	6	7.466
58	Puibusque, Thomas	01	Piranhas Ets	7.47	5	7.469
59	Munroe, Tyson	04	Ottawa Lions	7.49	12	
60	Jolasun, Kamil	04	Concordia	7.50	19	7.491

61 Fulger, Alexandru	06 LasalleAthletics	7.50	7	7.500
62 Pepin, Thierry	07 Corsaire-Chaparr	7.51	17	7.505
63 Guervil, Lens	97 St.LaurentSelect	7.51	5	7.507
64 Kalkas, Ali	06 Carleton Ravens	7.51	20	7.510
65 Huynh, Justin	02 C.A.N.I.	7.52	1	
66 Jobidon, Mathieu	04 Universite Laval	7.54	10	7.531
67 Leger, Taylor	96 St.LaurentSelect	7.54	9	7.536
68 Guede, Jean-Yves Balie	97 Uqtr Patriotes	7.55	18	
69 Polidori, Gabriele	97 St.LaurentSelect	7.56	20	
70 Momo Nanfack, Hans	05 MontrealCarabins	7.59	8	7.582
71 Ben-Or, Noah	05 LasalleAthletics	7.59	2	7.586
72 Benfaida, Zachary	09 Ottawa Lions	7.59	19	7.589
73 Filani, Fogo	09 Gridiron Academy	7.64	7	7.634
74 Goosen, Keagan	09 Gridiron Academy	7.64	12	7.639
75 Barca, Matteo	03 Concordia	7.67	20	
76 Simon, Axel	04 Piranhas Ets	7.68	15	
77 Weldon, Jacob	01 Independant	7.69	16	
78 Aziz Diaw, Abdoul	96 Sherbrooke	7.70	14	7.696
79 Duquette, Mathieu	01 St.LaurentSelect	7.70	3	7.699
80 Fraser, Brody	07 Ottawa Lions	7.71	6	
81 Komlan, Bekanty Wilfried	95 Sherbrooke	7.72	12	7.713
82 Lauzon, Vincent	04 LasalleAthletics	7.72	9	7.715
83 Cox, Nathan	08 Ottawa Lions	7.72	14	7.717
84 Legros, Marcus	06 McGill	7.74	4	
85 Sawyer, Aaron	07 Gridiron Academy	7.75	16	
86 Uche, Augustine	07 Ottawa Lions	7.77	17	7.765
87 Zitella, Samuel	03 Concordia	7.77	16	7.768
88 Normandin, Keith	94 LasalleAthletics	7.80	10	7.798
89 Lokesh, Naren	03 C.A.N.I.	7.80	18	7.800
90 Wehbe, Kaden	08 Gridiron Academy	7.81	5	
91 Alzahouri, Achraf	04 St.LaurentSelect	7.83	19	7.827
92 Danouj, Oussama	96 LasalleAthletics	7.83	1	7.829
93 Martin, Anthony	03 MontrealCarabins	7.86	11	
94 Conway, Michael	84 Carleton Ravens	7.89	12	
95 Taylor, Ty	09 Gridiron Academy	7.95	7	7.942
96 Bayne, Kieron	08 Kilomaitres	7.95	10	7.946
97 Kliatchko, Tony	07 Ottawa Lions	7.97	3	7.964
98 Faure-Chappa, Elliott	00 Uqam Citadins	7.97	15	7.966
99 Scatliffe, Joseph	72 Unattached ON	7.98	6	
100 Morin, Jan	07 Kilomaitres	8.00	13	
101 Balian, Luca	03 St.LaurentSelect	8.12	9	8.117
102 Adeagbo, Demi	09 Gridiron Academy	8.12	1	8.119
103 Owusu, David	07 Gridiron Academy	8.44	8	

104 Chapman, Joshua	Gridiron Academy	9.45	4
105 Schindler, Gavin	08 Gridiron Academy	9.69	2

Men 60 Meter Dash Open

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Meet: M 6.78 2023-02-18 Immanuel Onyemah  
, University of Waterloo

Dome: D 6.62 2010-02-13 Sam Effah  
, University of Calgary

uSport AutoQ: U 6.76

Name	Year Team	Finals	H#
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Finals

1 Adjibi, Elizier	00 C.A.N.I.	6.79	1
2 Robinson, Lucanus	96 Concordia	6.87	1
3 Ahmed, Shamwilu	93 LasalleAthletics	6.91	2
4 Colpron, Vincent	98 St.LaurentSelect	6.96	1
5 Elkin, Jaydon	06 St.LaurentSelect	6.97	1 6.962
6 Halog, Jonelle	95 C.A.N.I.	6.97	1 6.964
7 Jamal, Braenen	93 Limitless Era	6.97	1 6.966
8 Tounkara, Ty	05 Ottawa Lions	6.98	2 6.979
9 Tran, Phu Thanh	98 St.LaurentSelect	7.02	2
10 Joseph, Stephane	04 Limitless Era	7.08	2
11 Songmene, Harold	01 C.A.N.I.	7.15	2

Men 300 Meter Dash Open

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Meet: M 33.39 2020-02-15 Marcus Penaloza  
, University of Guelph

Dome: D 33.21 2009-01-17 Michael Robertson  
, University of Ottawa

uSport AutoQ: U 34.17

Name	Year Team	Finals	H#
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1 Batley, William	07 C.A.N.I.	32.91D	1
2 Balson, Stephan	06 Ottawa Lions	33.47	1
3 Muteba, Lionel	90 C.A.N.I.	33.79	1
4 Kramo, Ange-Mathis	08 Ottawa Lions	34.26	2 34.257
5 Jeggo, Zachary	07 Ottawa Lions	34.26	2 34.259
6 Nicoletti, Luca	00 McGill	34.38	3
7 Burke, Daniel	98 York Lions	34.54	4
8 Hehn, Nathan	98 Waterloo Track	34.76	3 34.753
9 Gurnsey, Joel	01 Ottawa Gee-Gees	34.76	4 34.757

10	Gbenjo, David	04	WaterlooWarriors	34.86	3	
11	Harris, William	05	Ottawa Gee-Gees	34.89	5	
12	Richards, Matthew	02	York Lions	34.96	3	
13	Moulongou, David	03	Ottawa Gee-Gees	34.98	2	34.971
14	Jamal, Braenen	93	Limitless Era	34.98	4	34.974
15	Moustafa, Ibrahim	95	York Lions	35.40	5	
16	Ben-Smith, Bertwin	97	C.A.N.I.	35.42	4	35.418
17	Sami, Ahmed	01	LavalRouge-et-Or	35.42	20	35.419
18	Routhier, Tristan	01	Laurentian	35.51	6	
19	Goodwin, Owen	06	WaterlooWarriors	35.54	6	
20	Lorentz, Joshua	97	Waterloo Track	35.60	5	
21	Lu Langley, Jimmy	08	Ottawa Lions	35.65	5	
22	Pepin, Thierry	07	Corsaire-Chaparr	35.73	9	
23	Bertrand, Cellou	01	LasalleAthletics	35.74	6	
24	Elkin, Zachary	06	St.LaurentSelect	35.94	7	
25	Hudec, Stephen	05	Lakehead	35.96	6	
26	Mailloux Collin, David	02	MontrealCarabins	35.99	9	35.984
27	Turek, Jacob	05	Lakehead	35.99	8	35.990
28	Sassi, Philip	96	St.LaurentSelect	36.09	7	
29	Crooks, Alexander	00	McGill	36.13	7	
30	Merid-Moore, Benjamin	03	Concordia	36.15	10	
31	Hodgson, Samuel	06	Corsaire-Chaparr	36.26	14	36.251
32	Sanvi, Ohini Yanis	99	LasalleAthletics	36.26	7	36.255
33	Brenko, Jean-Nicolas	01	Piranhas Ets	36.35	9	
34	Moore, Finn	06	Laurier	36.55	9	
35	Mohammed, Ismael	03	Sherbrooke	36.73	13	
36	Mills, Oskar	05	Lakehead	36.81	10	36.803
36	Guervil, Lens	97	St.LaurentSelect	36.81	20	36.803
38	Nached, Gabriel	03	MontrealCarabins	36.84	8	
39	Robichaud, Antoine	06	Vaudreuil-Dorion	36.89	14	
40	Williams, Ammiel	07	Ottawa Lions	36.90	11	
41	Tapa, Jamie		Ottawa Gee-Gees	37.01	19	37.001
41	Audet, Mathieu	03	Remparts	37.01	12	37.001
43	Puibusque, Thomas	01	Piranhas Ets	37.14	11	
44	Lauzon, Vincent	04	LasalleAthletics	37.15	13	
45	Cazabon, Maxime	09	Ottawa Lions	37.17	8	
46	Cunningham, William	06	Ottawa Gee-Gees	37.19	19	
47	Haddad, Joseph	98	MontrealCarabins	37.20	19	
48	Gratton, Jonah	07	Ottawa Lions	37.21	20	
49	Alexandre, Anderson	08	Limitless Era	37.30	12	
50	McNaught, Owen	07	Ottawa Lions	37.36	13	
51	Denis, Louis-David	07	Cs Athletisme	37.38	13	
52	Poirier, Christophe	03	MontrealCarabins	37.47	15	

53 Kalkas, Ali	06 Carleton Ravens	37.49	15	
54 Blasczyk, Augustin	04 MontrealCarabins	37.73	12	
55 Barca, Matteo	03 Concordia	37.79	14	37.786
56 Duquette, Mathieu	01 St.LaurentSelect	37.79	11	37.789
57 Amato, Samuel	05 WaterlooWarriors	37.93	10	
58 Conway, Michael	84 Carleton Ravens	38.03	15	
59 Xie, Nick	98 Unattached ON	38.06	14	
60 Momo Nanfack, Hans	05 MontrealCarabins	38.36	19	
61 Kamara, Mohamed Yerim	05 C.A.N.I.	38.46	12	
62 Cox, Nathan	08 Ottawa Lions	38.73	17	
63 Huynh, Justin	02 C.A.N.I.	38.74	16	
64 Danouj, Oussama	96 LasalleAthletics	38.85	11	
65 Polidori, Gabriele	97 St.LaurentSelect	39.02	16	
66 Aziz Diaw, Abdoul	96 Sherbrooke	39.19	16	
67 Komlan, Bekanty Wilfried	95 Sherbrooke	39.21	17	
68 Martin, Anthony	03 MontrealCarabins	39.27	17	
69 Uche, Augustine	07 Ottawa Lions	39.41	15	
70 Zitella, Samuel	03 Concordia	40.16	16	
71 Pfothenauer, Sam	02 Carleton Ravens	40.63	17	
72 Bayne, Kieron	08 Kilomaitres	41.01	18	
73 Williams, Lawrence	70 Ottawa Lions	41.28	18	
74 Faucher, Serge	64 Unattached ON	42.17	18	

Men 600 Meter Run Open

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Meet: M 1:17.32 2019-02-16 Mohand Zine-Khelaf  
, St. Laurent Select

Dome: D 1:17.32 2019-02-16 Mohand Zine-Khelaf  
, St. Laurent Select

uSport AutoQ: U 1:18.80

Name	Year Team	Finals	H#
=====			
1 Babcock, Owen	97 Waterloo Track	1:19.52	1
25.6627 (25.6627)	1:19.5197 (53.8570)		
2 El Mansari, Safwan	06 Ottawa Gee-Gees	1:20.10	1
25.8067 (25.8067)	1:20.0937 (54.2870)		
3 Plourde-Couture, Felix	99 LavalRouge-et-Or	1:20.32	1
26.0897 (26.0897)	1:20.3157 (54.2260)		
4 Robichaud, Mathias	06 Vaudreuil-Dorion	1:20.58	1
26.9147 (26.9147)	1:20.5757 (53.6610)		
5 Lemon, Ben	03 WaterlooWarriors	1:20.75	1
25.8297 (25.8297)	1:20.7437 (54.9140)		
6 Lorentz, Joshua	97 Waterloo Track	1:21.44	1

	26.7867 (26.7867)	1:21.4357 (54.6490)		
7 Grant, Oliver		91 Waterloo Track	1:21.98	2
	26.3825 (26.3825)	1:21.9775 (55.5950)		
8 Aitounejjar, Mouhcine		89 Ottawa Lions	1:22.07	1
	27.1617 (27.1617)	1:22.0657 (54.9040)		
9 Ameline, Leo		05 LavalRouge-et-Or	1:22.25	1
	26.3037 (26.3037)	1:22.2427 (55.9390)		
10 Akerman, David		05 York Lions	1:22.48	2
	26.5755 (26.5755)	1:22.4735 (55.8980)		
11 Dhanoa, Shan		04 Unattached ON	1:22.65	2
	26.1975 (26.1975)	1:22.6465 (56.4490)		
12 St, Louis- Evans, Jesse		00 York Lions	1:23.43	2
	25.9895 (25.9895)	1:23.4285 (57.4390)		
13 Thorpe, Chad		06 Laurier	1:24.32	4
	27.0376 (27.0376)	1:24.3166 (57.2790)		
14 Cayeux, Paul		04 Sherbrooke	1:24.61	3
	29.7113 (29.7113)	1:24.6083 (54.8970)		
15 Legare, Nolan		05 Queen's Gaels	1:24.89	3
	29.3473 (29.3473)	1:24.8843 (55.5370)		
16 Lawson, Benjamin		03 Lakehead	1:25.02	3
	29.5843 (29.5843)	1:25.0133 (55.4290)		
17 Cisse, Thierno		06 Sherbrooke	1:25.34	3
	29.1363 (29.1363)	1:25.3393 (56.2030)		
18 Bennett, Cameron		06 Queen's Gaels	1:25.51	3
	29.7413 (29.7413)	1:25.5073 (55.7660)		
19 Racette, Daniel		03 Concordia	1:25.76	4
	28.0976 (28.0976)	1:25.7576 (57.6600)		
20 Blasczyk, Augustin		04 MontrealCarabins	1:25.82	3
	28.9563 (28.9563)	1:25.8203 (56.8640)		
21 Squarek, Will		05 Queen's Gaels	1:26.33	4
	28.6416 (28.6416)	1:26.3236 (57.6820)		
22 Ouellette, Malik		07 MontrealCarabins	1:26.37	4
	28.4476 (28.4476)	1:26.3656 (57.9180)		
23 Galopin, Nicolas		07 St.LaurentSelect	1:26.55	4
	27.7316 (27.7316)	1:26.5446 (58.8130)		
24 Ajbili, Badr		96 Sherbrooke	1:26.70	5
	27.4798 (27.4798)	1:26.6988 (59.2190)		
25 Gerundin, Max		09 Ottawa Lions	1:26.89	4
	28.8746 (28.8746)	1:26.8826 (58.0080)		
26 St-Pierre, Mathis		06 Universite Laval	1:27.37	4
	28.2286 (28.2286)	1:27.3696 (59.1410)		
27 Williams, Ammiel		07 Ottawa Lions	1:27.38	5
	27.1158 (27.1158)	1:27.3738 (1:00.2580)		

28 Audet, Mathieu	03 Remparts	1:27.40	4
28.5696 (28.5696)	1:27.3936 (58.8240)		
29 Parent, Fred	03 Ottawa Gee-Gees	1:27.67	3
29.5413 (29.5413)	1:27.6703 (58.1290)		
30 Fassaya, Judicael	97 MontrealCarabins	1:29.31	5
27.0008 (27.0008)	1:29.3058 (1:02.3050)		
31 Puvan, Jacob	03 Carleton Ravens	1:29.62	3
29.9033 (29.9033)	1:29.6203 (59.7170)		
32 Dupont, Pierre-Antoine	89 St.LaurentSelect	1:29.73	4
28.0496 (28.0496)	1:29.7236 (1:01.6740)		
33 O'Connell, Rory	04 Ottawa Gee-Gees	1:31.97	5
26.5198 (26.5198)	1:31.9618 (1:05.4420)		
34 Elmasry, Yusuf	09 Ottawa Lions	1:33.14	5
29.4638 (29.4638)	1:33.1368 (1:03.6730)		
35 Joseph, Ludovik	04 Sherbrooke	1:35.59	5
31.1348 (31.1348)	1:35.5858 (1:04.4510)		
36 Williams, Lawrence	70 Ottawa Lions	1:37.59	5
30.1458 (30.1458)	1:37.5858 (1:07.4400)		
37 Pfothenhauer, Sam	02 Carleton Ravens	1:43.05	5
30.7738 (30.7738)	1:43.0448 (1:12.2710)		
38 Cupillari, Julian	89 Ottawa Lions	1:49.47	5
31.3808 (31.3808)	1:49.4658 (1:18.0850)		

Men 1000 Meter Run Open

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Meet: M 2:26.62 2023-02-18 Mohand Zine-Khelaf

, Universite de Montre

Dome: D 2:24.62 2020-01-18 Kevin Robertson

, Universite de Montreal

uSport AutoQ: U 2:22.97

Name	Year Team	Finals	H#
1 Brackenbury, Miles	01 Queen's Gaels	2:28.28	1
30.2134 (30.2134)	1:29.8314 (59.6180)	2:28.2774 (58.4460)	
2 Tremblay, Guillaume	06 Universite Laval	2:28.43	1
29.7394 (29.7394)	1:29.5974 (59.8580)	2:28.4244 (58.8270)	
3 Turcotte, Mathis	05 Universite Laval	2:29.38	1
29.9654 (29.9654)	1:30.2354 (1:00.2700)	2:29.3714 (59.1360)	
4 Dobson, Jett	03 Lakehead	2:29.60	1
31.0954 (31.0954)	1:30.8314 (59.7360)	2:29.5994 (58.7680)	
5 Danby, Owen	05 Queen's Gaels	2:29.79	1
30.4324 (30.4324)	1:30.0104 (59.5780)	2:29.7874 (59.7770)	
6 Loftus, Kynan	04 Queen's Gaels	2:30.49	1

30.9054 (30.9054)	1:30.3134 (59.4080)	2:30.4894 (1:00.1760)
7 Chounan, Laurent	99 Piranhas Ets	2:30.67 1
30.6574 (30.6574)	1:30.6254 (59.9680)	2:30.6644 (1:00.0390)
8 Wilson, Max	05 Ottawa Gee-Gees	2:31.04 1
30.8154 (30.8154)	1:30.4184 (59.6030)	2:31.0314 (1:00.6130)
9 Rashid-Cocker, Ethan	05 Queen's Gaels	2:31.89 1
30.9734 (30.9734)	1:32.2864 (1:01.3130)	2:31.8894 (59.6030)
10 Bennett, Cameron	06 Queen's Gaels	2:32.17 1
30.6154 (30.6154)	1:30.4864 (59.8710)	2:32.1634 (1:01.6770)
11 Kenny, Malachi	07 Unattached ON	2:32.88 2
30.0502 (30.0502)	1:32.9492 (1:02.8990)	2:32.8752 (59.9260)
12 Kuhlberg, Nolan	06 Laurier	2:32.92 1
31.3714 (31.3714)	1:31.7834 (1:00.4120)	2:32.9134 (1:01.1300)
13 Dumont, Timothe	05 Uqam Citadins	2:33.10 2
30.9382 (30.9382)	1:33.2272 (1:02.2890)	2:33.0982 (59.8710)
14 Marsh, Edward	04 Universite Laval	2:33.17 2
29.0092 (29.0092)	1:32.5462 (1:03.5370)	2:33.1622 (1:00.6160)
15 Raiche, William	07 Athletisme Laval	2:34.15 2
30.2712 (30.2712)	1:33.2002 (1:02.9290)	2:34.1492 (1:00.9490)
16 Lightwood, Nicholas	04 Lakehead	2:34.21 2
29.3002 (29.3002)	1:33.1082 (1:03.8080)	2:34.2042 (1:01.0960)
17 Brassard, Louis-Olivier	96 Corsaire-Chaparr	2:34.24 1
29.4814 (29.4814)	1:30.1784 (1:00.6970)	2:34.2344 (1:04.0560)
18 Arsenault, Benjamin	05 Unattached ON	2:34.46 2
29.5572 (29.5572)	1:32.2992 (1:02.7420)	2:34.4532 (1:02.1540)
19 Gauberville, Arnaud	02 Piranhas Ets	2:34.95 3
31.9155 (31.9155)	1:35.7085 (1:03.7930)	2:34.9505 (59.2420)
20 Labrie, Alex	04 Remparts	2:34.99 3
31.6785 (31.6785)	1:35.8975 (1:04.2190)	2:34.9865 (59.0890)
21 Chevalier, Gregoire	02 MontrealCarabins	2:35.13 2
29.7652 (29.7652)	1:32.8112 (1:03.0460)	2:35.1292 (1:02.3180)
22 Gare, Ianis	00 Club 3D	2:35.27 2
31.2832 (31.2832)	1:33.5912 (1:02.3080)	2:35.2662 (1:01.6750)
23 Gagne, Raphael	07 St.LaurentSelect	2:35.98 2
30.6722 (30.6722)	1:33.8112 (1:03.1390)	2:35.9722 (1:02.1610)
24 Cherenfant, Nick	96 Club 3D	2:37.20 2
30.5642 (30.5642)	1:33.6612 (1:03.0970)	2:37.1982 (1:03.5370)
25 Gazaille, Tristan	00 Queen's Gaels	2:38.03 2
29.9012 (29.9012)	1:32.9242 (1:03.0230)	2:38.0222 (1:05.0980)
26 Ouellette, Charles-Ugo	99 Sherbrooke	2:38.13 3
32.3375 (32.3375)	1:35.5695 (1:03.2320)	2:38.1295 (1:02.5600)
27 Drouin, Zachary	06 Sherbrooke	2:40.02 3
32.8135 (32.8135)	1:36.4255 (1:03.6120)	2:40.0115 (1:03.5860)

28 Lebourg, Maxime	99 Sherbrooke	2:41.26	3
32.9215 (32.9215)	1:36.7865 (1:03.8650)	2:41.2515	(1:04.4650)
29 Bentley, Gavin	05 Queen's Gaels	2:41.43	3
32.1355 (32.1355)	1:37.4055 (1:05.2700)	2:41.4285	(1:04.0230)
30 Heine, Miguel	06 Gatineau	2:41.67	3
31.3045 (31.3045)	1:36.6455 (1:05.3410)	2:41.6655	(1:05.0200)
31 Ruano, Alejandro	05 Vaudreuil-Dorion	2:42.65	3
32.4065 (32.4065)	1:35.2765 (1:02.8700)	2:42.6455	(1:07.3690)
32 Afshar, Ali	98 Carleton Ravens	2:43.52	3
32.6695 (32.6695)	1:37.6575 (1:04.9880)	2:43.5125	(1:05.8550)
33 Colsell, Alex	05 MontrealCarabins	2:43.80	4
33.3875 (33.3875)	1:38.2405 (1:04.8530)	2:43.7965	(1:05.5560)
34 Yakimchuk, Adam	08 Ottawa Lions	2:46.98	4
34.6245 (34.6245)	1:39.2425 (1:04.6180)	2:46.9765	(1:07.7340)
35 Compans, Etienne	01 Sherbrooke	2:49.00	3
32.6185 (32.6185)	1:38.0335 (1:05.4150)	2:48.9975	(1:10.9640)
36 Terrier, Eliot	02 Piranhas Ets	2:56.20	4
34.3745 (34.3745)	1:45.0915 (1:10.7170)	2:56.1965	(1:11.1050)
37 Zaine, Bradley	04 Carleton Ravens	2:56.72	4
35.4665 (35.4665)	1:47.7125 (1:12.2460)	2:56.7205	(1:09.0080)
38 Meadway, Patrick	05 Carleton Ravens	3:02.41	4
34.4985 (34.4985)	1:45.7905 (1:11.2920)	3:02.4095	(1:16.6190)
39 Kalab, Adam	99 Ottawa Lions	3:05.71	4
36.4405 (36.4405)	1:51.0505 (1:14.6100)	3:05.7045	(1:14.6540)
40 Hamir, Al-Nasir	75 Ottawa Lions	3:21.84	4
38.4305 (38.4305)	1:58.9285 (1:20.4980)	3:21.8325	(1:22.9040)

Men 1500 Meter Run Open

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Meet: M 3:41.86 2024-02-17 Jean-Simon Desgagnes

, Universite Laval

Dome: D 3:41.86 2024-02-17 Jean-Simon Desgagnes

, Universite Laval

uSport AutoQ: U 3:44.85

Name	Year Team	Finals	H#
1 Alie-Lamarche, Andre	99 Ottawa Lions	3:52.25	1
46.3895 (46.3895)	1:50.3445 (1:03.9550)	2:51.4415	(1:01.0970)
3:52.2435 (1:00.8020)			
2 Gendron Jette, Charles	05 Sherbrooke	3:55.49	1
49.2795 (49.2795)	1:54.1375 (1:04.8580)	2:57.4445	(1:03.3070)
3:55.4845 (58.0400)			
3 Brackenbury, Miles	01 Queen's Gaels	3:56.72	1

49.1255 (49.1255)	1:53.0635 (1:03.9380)	2:56.1315 (1:03.0680)
3:56.7145 (1:00.5830)		
4 Fortier, Noah	06 Sherbrooke	3:57.39 1
49.1035 (49.1035)	1:54.3115 (1:05.2080)	2:58.0385 (1:03.7270)
3:57.3835 (59.3450)		
5 Dobson, Jett	03 Lakehead	3:57.86 1
49.0615 (49.0615)	1:53.0215 (1:03.9600)	2:56.8935 (1:03.8720)
3:57.8595 (1:00.9660)		
6 Richard, Mathis	02 Sherbrooke	4:00.10 1
49.5005 (49.5005)	1:53.9405 (1:04.4400)	2:56.8235 (1:02.8830)
4:00.0925 (1:03.2690)		
7 Hely, Clement	91 Corsaire-Chaparr	4:00.61 1
48.2695 (48.2695)	1:51.8915 (1:03.6220)	2:56.5995 (1:04.7080)
4:00.6095 (1:04.0100)		
8 Freiburger, Pietro	97 MontrealCarabins	4:00.84 1
48.7975 (48.7975)	1:53.4395 (1:04.6420)	2:57.5855 (1:04.1460)
4:00.8345 (1:03.2490)		
9 Bourdages, Felix	01 LavalRouge-et-Or	4:00.93 2
49.2753 (49.2753)	1:54.3583 (1:05.0830)	2:56.9663 (1:02.6080)
4:00.9253 (1:03.9590)		
10 Zanutinni, Emile	03 Queen's Gaels	4:01.58 2
50.1133 (50.1133)	1:55.1533 (1:05.0400)	2:59.3683 (1:04.2150)
4:01.5733 (1:02.2050)		
11 Botdo, Roman	05 St.LaurentSelect	4:02.76 2
50.3693 (50.3693)	1:55.6243 (1:05.2550)	4:02.7543 (2:07.1300)
12 Buxton, Leif	04 Lakehead	4:03.07 2
48.9003 (48.9003)	1:54.9303 (1:06.0300)	2:59.7543 (1:04.8240)
4:03.0633 (1:03.3090)		
13 Lightwood, Nicholas	04 Lakehead	4:03.40 2
49.0873 (49.0873)	1:55.3133 (1:06.2260)	3:00.2313 (1:04.9180)
4:03.3993 (1:03.1680)		
14 Neill, Peter	05 Queen's Gaels	4:03.61 1
50.0215 (50.0215)	1:54.7975 (1:04.7760)	2:59.4675 (1:04.6700)
4:03.6055 (1:04.1380)		
15 Harrington, Emmett	04 Queen's Gaels	4:03.97 2
50.8373 (50.8373)	1:56.2553 (1:05.4180)	3:00.3933 (1:04.1380)
4:03.9613 (1:03.5680)		
16 McCosham, Ian	05 Queen's Gaels	4:04.24 2
50.1603 (50.1603)	1:56.0063 (1:05.8460)	3:01.4513 (1:05.4450)
4:04.2393 (1:02.7880)		
17 Danby, Owen	05 Queen's Gaels	4:06.18 1
49.5235 (49.5235)	1:54.5435 (1:05.0200)	2:59.0895 (1:04.5460)
4:06.1745 (1:07.0850)		

18 McLeish, William	92 Ottawa Gee-Gees	4:06.48	2
50.6443 (50.6443)	1:56.5733 (1:05.9290)	3:02.2523	(1:05.6790)
4:06.4753 (1:04.2230)			
19 Picard, Simon	03 McGill	4:06.69	2
49.6403 (49.6403)	1:54.6273 (1:04.9870)	3:00.1793	(1:05.5520)
4:06.6893 (1:06.5100)			
20 Choiniere-Longpre, Leo	09 Corsaire-Chaparr	4:08.26	3
51.1442 (51.1442)	1:59.7122 (1:08.5680)	3:06.0312	(1:06.3190)
4:08.2582 (1:02.2270)			
21 Perin, Emile	08 Independant	4:08.51	3
51.4802 (51.4802)	1:59.9792 (1:08.4990)	3:05.8972	(1:05.9180)
4:08.5062 (1:02.6090)			
22 Le Mouel, Iwan	03 Piranhas Ets	4:09.13	3
51.2472 (51.2472)	1:59.7202 (1:08.4730)	3:06.3212	(1:06.6010)
4:09.1232 (1:02.8020)			
23 Levenson, Lucas	06 Unattached ON	4:09.43	3
51.4192 (51.4192)	2:00.2212 (1:08.8020)	3:05.8312	(1:05.6100)
4:09.4212 (1:03.5900)			
24 Carter, Zach	05 St.LaurentSelect	4:10.39	3
51.7732 (51.7732)	2:00.8452 (1:09.0720)	4:10.3842	(2:09.5390)
25 Rashid-Cocker, Ethan	05 Queen's Gaels	4:10.65	1
49.8835 (49.8835)	1:56.1995 (1:06.3160)	3:04.5685	(1:08.3690)
4:10.6495 (1:06.0810)			
26 Durbain, Thomas	01 St.LaurentSelect	4:10.75	3
51.6202 (51.6202)	2:00.3752 (1:08.7550)	3:06.4032	(1:06.0280)
4:10.7462 (1:04.3430)			
27 Gazaille, Tristan	00 Queen's Gaels	4:11.26	2
49.9053 (49.9053)	1:56.0813 (1:06.1760)	3:04.0133	(1:07.9320)
4:11.2573 (1:07.2440)			
28 Gauberville, Arnaud	02 Piranhas Ets	4:11.28	3
51.0452 (51.0452)	2:01.2372 (1:10.1920)	3:08.0112	(1:06.7740)
4:11.2732 (1:03.2620)			
29 Hebert, Jeremie	02 Uqam Citadins	4:11.62	3
52.2732 (52.2732)	2:02.0272 (1:09.7540)	3:09.2312	(1:07.2040)
4:11.6172 (1:02.3860)			
30 Gerundin, Max	09 Ottawa Lions	4:12.25	3
50.7762 (50.7762)	2:00.1592 (1:09.3830)	3:07.4472	(1:07.2880)
4:12.2432 (1:04.7960)			
31 Turgeon, Zacharie	02 Uqam Citadins	4:12.88	3
52.5962 (52.5962)	2:02.3312 (1:09.7350)	3:07.8152	(1:05.4840)
4:12.8792 (1:05.0640)			
32 Afkhar, Anas	06 Corsaire-Chaparr	4:13.09	2
50.4563 (50.4563)	1:56.2693 (1:05.8130)	3:03.7433	(1:07.4740)

4:13.0903 (1:09.3470)			
33 Mauger, Elie	03 Uqam Citadins	4:14.08	4
54.0105 (54.0105)	2:04.2285 (1:10.2180)	3:13.4585	(1:09.2300)
4:14.0735 (1:00.6150)			
34 Sacilotto, Jack	05 Queen's Gaels	4:14.98	2
50.8483 (50.8483)	1:57.1013 (1:06.2530)	3:05.8463	(1:08.7450)
4:14.9793 (1:09.1330)			
35 Zazaa, Ayman	99 Cs Athletisme	4:15.38	3
51.8712 (51.8712)	2:01.4202 (1:09.5490)	3:08.9472	(1:07.5270)
4:15.3772 (1:06.4300)			
36 Giorgio, Alexandre	08 Corsaire-Chaparr	4:16.56	4
52.0015 (52.0015)	2:00.7545 (1:08.7530)	3:10.9385	(1:10.1840)
4:16.5585 (1:05.6200)			
37 Gorteau, Baptiste	00 McGill	4:17.12	4
52.3385 (52.3385)	2:01.5475 (1:09.2090)	3:10.3775	(1:08.8300)
4:17.1145 (1:06.7370)			
38 Smith, Noah	07 Ottawa Lions	4:17.16	4
53.0605 (53.0605)	2:01.0195 (1:07.9590)	3:10.7025	(1:09.6830)
4:17.1605 (1:06.4580)			
39 Bedard, Felix Antoine	97 Uqam Citadins	4:17.94	3
50.6432 (50.6432)	1:59.4482 (1:08.8050)	3:06.6442	(1:07.1960)
4:17.9372 (1:11.2930)			
40 Lee, Brennan	08 Ottawa Lions	4:19.37	4
51.4675 (51.4675)	2:01.0645 (1:09.5970)	3:11.0865	(1:10.0220)
4:19.3675 (1:08.2810)			
41 Dube, Loic	06 Sherbrooke	4:19.42	4
50.0205 (50.0205)	1:54.1425 (1:04.1220)	3:06.6125	(1:12.4700)
4:19.4165 (1:12.8040)			
42 Beauregard, Mathias	06 Sherbrooke	4:20.30	4
52.1865 (52.1865)	2:01.2645 (1:09.0780)	3:11.2715	(1:10.0070)
4:20.2975 (1:09.0260)			
43 Gestin, Thibault	02 Piranhas Ets	4:20.82	4
53.3895 (53.3895)	2:04.3115 (1:10.9220)	3:14.7885	(1:10.4770)
4:20.8205 (1:06.0320)			
44 Francioni, Arnaud	95 Club 3D	4:22.00	4
54.2075 (54.2075)	2:03.9355 (1:09.7280)	3:14.0835	(1:10.1480)
4:21.9965 (1:07.9130)			
45 Traineau, Cyril	01 Piranhas Ets	4:22.33	5
51.2046 (51.2046)	2:01.7906 (1:10.5860)	3:14.6026	(1:12.8120)
4:22.3286 (1:07.7260)			
46 Padoin-Castillo, Matteo	07 Ottawa Lions	4:22.43	4
52.5825 (52.5825)	2:01.5245 (1:08.9420)	3:11.6705	(1:10.1460)
4:22.4245 (1:10.7540)			

47 Guite, Louis-Simon	00 MontrealCarabins	4:22.58	4
52.0425 (52.0425)	2:02.2235 (1:10.1810)	3:14.0035	(1:11.7800)
4:22.5785 (1:08.5750)			
48 Groulx, Julien	01 Piranhas Ets	4:22.66	5
51.3996 (51.3996)	2:02.0006 (1:10.6010)	3:13.9276	(1:11.9270)
4:22.6606 (1:08.7330)			
49 Durand, Adrien	00 MontrealCarabins	4:24.51	4
53.5425 (53.5425)	2:04.1715 (1:10.6290)	3:14.4905	(1:10.3190)
4:24.5015 (1:10.0110)			
50 Ben Mouny, Youssef	04 St.LaurentSelect	4:24.95	4
53.6935 (53.6935)	2:03.5055 (1:09.8120)	3:14.5625	(1:11.0570)
4:24.9445 (1:10.3820)			
51 Recoskie, Owen	08 Ottawa Lions	4:25.98	5
53.2096 (53.2096)	2:05.5606 (1:12.3510)	3:18.1026	(1:12.5420)
4:25.9746 (1:07.8720)			
52 Yakimchuk, Adam	08 Ottawa Lions	4:26.22	4
52.2775 (52.2775)	2:01.9365 (1:09.6590)	3:13.6435	(1:11.7070)
4:26.2125 (1:12.5690)			
53 Young, Mathew	05 Vaudreuil-Dorion	4:27.28	5
53.5926 (53.5926)	2:05.9066 (1:12.3140)	3:19.4486	(1:13.5420)
4:27.2766 (1:07.8280)			
54 Arsenault, Jacob	02 Piranhas Ets	4:28.06	5
51.0556 (51.0556)	2:02.7166 (1:11.6610)	3:17.3236	(1:14.6070)
4:28.0546 (1:10.7310)			
55 Guerry, Tanguy	04 Piranhas Ets	4:29.19	5
52.6566 (52.6566)	2:05.0176 (1:12.3610)	3:18.1006	(1:13.0830)
4:29.1826 (1:11.0820)			
56 Snow, Aidan	08 Ottawa Lions	4:29.88	5
52.4306 (52.4306)	2:04.7546 (1:12.3240)	3:18.6626	(1:13.9080)
4:29.8786 (1:11.2160)			
57 Courtois, Timothee	02 Piranhas Ets	4:30.35	5
53.8046 (53.8046)	2:06.2226 (1:12.4180)	3:19.6686	(1:13.4460)
4:30.3466 (1:10.6780)			
58 Campagna, Edward	09 Lanaudiare	4:30.46	5
51.8146 (51.8146)	2:06.7266 (1:14.9120)	3:22.5976	(1:15.8710)
4:30.4536 (1:07.8560)			
59 Saulquin, Thomas	02 Piranhas Ets	4:31.67	5
54.1966 (54.1966)	2:07.8846 (1:13.6880)	3:23.0356	(1:15.1510)
4:31.6636 (1:08.6280)			
60 Pellerin, Emile	04 Corsaire-Chaparr	4:31.80	5
56.1726 (56.1726)	2:10.4956 (1:14.3230)	3:24.0536	(1:13.5580)
4:31.7966 (1:07.7430)			
61 Woolf, Charlie	08 Ottawa Lions	4:31.87	5

	53.5686 (53.5686)	2:07.0166 (1:13.4480)	3:22.2746 (1:15.2580)
	4:31.8676 (1:09.5930)		
62 Pitois, Louis		91 Uqam Citadins	4:45.71 5
	58.8316 (58.8316)	2:17.3626 (1:18.5310)	3:34.8756 (1:17.5130)
	4:45.7016 (1:10.8260)		
63 Lenice, Thomas		99 Piranhas Ets	4:56.41 5
	59.7246 (59.7246)	2:17.7586 (1:18.0340)	3:37.8906 (1:20.1320)
	4:56.4076 (1:18.5170)		
64 McInerney, Mike		66 Ottawa Lions	4:58.89 5
	1:00.0616 (1:00.0616)	2:20.0666 (1:20.0050)	3:40.7786 (1:20.7120)
	4:58.8816 (1:18.1030)		
65 Takamura, Takumi		08 Ottawa Lions	5:24.96 5
	55.8076 (55.8076)	2:19.3316 (1:23.5240)	3:52.0326 (1:32.7010)
	5:24.9566 (1:32.9240)		
-- El Mansari, Safwan		06 Ottawa Gee-Gees	DNF 1
	46.1675 (46.1675)	1:50.2045 (1:04.0370)	

Men 3000 Meter Run Open

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Meet: M 8:13.59 2024-02-17 Philippe Morneau-Cartier  
, Universite Lav

Dome: D 8:03.50 2025-02-17 Jude Wheeler-Dee, Queen's University  
uSport AutoQ: U 8:03.94

Name	Year	Team	Finals	H#
1 Neill, Peter	05	Queen's Gaels	8:33.10	1
		33.9761 (33.9761)	1:42.8191 (1:08.8430)	2:51.5681 (1:08.7490)
		4:00.5921 (1:09.0240)	5:09.3211 (1:08.7290)	6:17.6041 (1:08.2830)
		7:25.7081 (1:08.1040)	8:33.0991 (1:07.3910)	
2 Kasmi, Ilyass	05	St.LaurentSelect	8:37.90	1
		35.3541 (35.3541)	1:44.3301 (1:08.9760)	2:53.1791 (1:08.8490)
		4:02.0121 (1:08.8330)	5:11.4391 (1:09.4270)	6:21.3591 (1:09.9200)
		7:29.6531 (1:08.2940)	8:37.8911 (1:08.2380)	
3 Bedard, Leo	05	Sherbrooke	8:38.60	1
		34.5241 (34.5241)	1:43.8141 (1:09.2900)	2:52.7871 (1:08.9730)
		4:01.8451 (1:09.0580)	5:11.2331 (1:09.3880)	6:21.1901 (1:09.9570)
		7:29.9351 (1:08.7450)	8:38.6001 (1:08.6650)	
4 Brassard, Emile	97	Corsaire-Chaparr	8:39.29	1
		35.8631 (35.8631)	1:47.4951 (1:11.6320)	2:58.2361 (1:10.7410)
		4:08.7651 (1:10.5290)	5:19.6501 (1:10.8850)	6:28.8121 (1:09.1620)
		7:36.4401 (1:07.6280)	8:39.2821 (1:02.8420)	
5 Bouin, Louis	02	Uqam Citadins	8:41.42	1
		34.9561 (34.9561)	1:43.5711 (1:08.6150)	2:52.5341 (1:08.9630)

4:01.3301 (1:08.7960)	5:10.9901 (1:09.6600)	6:21.4461 (1:10.4560)
7:32.2031 (1:10.7570)	8:41.4181 (1:09.2150)	
6 Buxton, Leif	04 Lakehead	8:45.81 1
34.7901 (34.7901)	1:44.8501 (1:10.0600)	2:54.8831 (1:10.0330)
4:05.5321 (1:10.6490)	5:17.9131 (1:12.3810)	6:30.6651 (1:12.7520)
7:41.1361 (1:10.4710)	8:45.8091 (1:04.6730)	
7 Harrington, Emmett	04 Queen's Gaels	8:46.76 1
34.2611 (34.2611)	1:43.2891 (1:09.0280)	2:52.2771 (1:08.9880)
4:01.6821 (1:09.4050)	5:12.8541 (1:11.1720)	6:25.5701 (1:12.7160)
7:37.8841 (1:12.3140)	8:46.7591 (1:08.8750)	
8 Bedard, Felix Antoine	97 Uqam Citadins	8:50.42 1
35.5401 (35.5401)	1:46.5061 (1:10.9660)	2:58.2041 (1:11.6980)
4:09.4261 (1:11.2220)	5:21.1581 (1:11.7320)	6:32.3781 (1:11.2200)
7:44.3411 (1:11.9630)	8:50.4181 (1:06.0770)	
9 Le Mouel, Iwan	03 Piranhas Ets	8:50.52 1
35.6821 (35.6821)	1:47.2361 (1:11.5540)	2:58.5901 (1:11.3540)
4:09.0531 (1:10.4630)	5:19.6361 (1:10.5830)	6:30.3761 (1:10.7400)
7:43.0051 (1:12.6290)	8:50.5151 (1:07.5100)	
10 Girouard-Laflamme, Emile	98 Piranhas Ets	8:51.31 1
36.0741 (36.0741)	1:46.5731 (1:10.4990)	2:57.8331 (1:11.2600)
4:09.1291 (1:11.2960)	5:20.8791 (1:11.7500)	6:33.0981 (1:12.2190)
7:46.2481 (1:13.1500)	8:51.3091 (1:05.0610)	
11 Sacilotto, Jack	05 Queen's Gaels	8:51.88 1
35.2611 (35.2611)	1:46.2381 (1:10.9770)	2:58.7521 (1:12.5140)
4:09.7311 (1:10.9790)	5:22.0471 (1:12.3160)	6:33.3401 (1:11.2930)
7:42.0431 (1:08.7030)	8:51.8761 (1:09.8330)	
12 Mansouri, Noah	08 Ottawa Lions	8:55.79 1
36.3791 (36.3791)	1:47.2541 (1:10.8750)	2:57.4591 (1:10.2050)
4:09.1941 (1:11.7350)	5:21.0381 (1:11.8440)	6:33.5861 (1:12.5480)
7:47.7341 (1:14.1480)	8:55.7811 (1:08.0470)	
13 Sparks Kyeyune, Clive	92 Ottawa Lions	8:56.01 1
36.1601 (36.1601)	1:46.9931 (1:10.8330)	2:57.6651 (1:10.6720)
4:09.0001 (1:11.3350)	5:20.7041 (1:11.7040)	6:33.1421 (1:12.4380)
7:46.5891 (1:13.4470)	8:56.0091 (1:09.4200)	
14 Volpi, Marco	00 York Lions	9:00.23 1
35.8881 (35.8881)	1:47.9621 (1:12.0740)	3:00.0641 (1:12.1020)
4:12.7211 (1:12.6570)	5:25.2401 (1:12.5190)	6:38.9951 (1:13.7550)
7:53.1051 (1:14.1100)	9:00.2241 (1:07.1190)	
15 Dube, Loic	06 Sherbrooke	9:02.11 2
34.9096 (34.9096)	1:47.5896 (1:12.6800)	2:59.5596 (1:11.9700)
4:13.8076 (1:14.2480)	5:25.7436 (1:11.9360)	6:39.7656 (1:14.0220)
7:52.8556 (1:13.0900)	9:02.1066 (1:09.2510)	
16 Li, Shengan	98 Queen's Gaels	9:06.28 1

	34.4881 (34.4881)	1:44.3541 (1:09.8660)	2:55.6831 (1:11.3290)
	4:08.4601 (1:12.7770)	5:21.7161 (1:13.2560)	6:35.7891 (1:14.0730)
	7:52.0281 (1:16.2390)	9:06.2771 (1:14.2490)	
17 Satomura, Atsushi		99 St.LaurentSelect	9:08.35 1
	36.6231 (36.6231)	1:49.3091 (1:12.6860)	3:04.5601 (1:15.2510)
	4:16.5161 (1:11.9560)	5:29.0561 (1:12.5400)	6:43.0611 (1:14.0050)
	7:57.1751 (1:14.1140)	9:08.3501 (1:11.1750)	
18 Fortier, Mikel		08 Ottawa Lions	9:10.10 2
	34.3756 (34.3756)	1:47.8636 (1:13.4880)	2:59.7166 (1:11.8530)
	4:13.8476 (1:14.1310)	5:25.8886 (1:12.0410)	6:40.0056 (1:14.1170)
	7:54.1256 (1:14.1200)	9:10.0946 (1:15.9690)	
19 Pigeon, Greg		91 Unattached ON	9:12.41 1
	36.9461 (36.9461)	1:48.6211 (1:11.6750)	3:02.2451 (1:13.6240)
	4:15.5001 (1:13.2550)	5:29.3131 (1:13.8130)	6:43.6281 (1:14.3150)
	7:58.2921 (1:14.6640)	9:12.4061 (1:14.1140)	
20 Durand, Adrien		00 MontrealCarabins	9:20.19 2
	37.4116 (37.4116)	1:56.2006 (1:18.7890)	3:13.5206 (1:17.3200)
	4:27.8876 (1:14.3670)	5:44.2736 (1:16.3860)	6:58.5466 (1:14.2730)
	8:10.9006 (1:12.3540)	9:20.1816 (1:09.2810)	
21 Gestin, Thibault		02 Piranhas Ets	9:25.25 2
	37.1216 (37.1216)	1:55.9356 (1:18.8140)	3:13.8406 (1:17.9050)
	4:27.6296 (1:13.7890)	5:44.5606 (1:16.9310)	6:59.5146 (1:14.9540)
	8:14.5486 (1:15.0340)	9:25.2466 (1:10.6980)	
22 Guite, Louis-Simon		00 MontrealCarabins	9:27.37 2
	35.8546 (35.8546)	1:50.1136 (1:14.2590)	3:05.0176 (1:14.9040)
	4:20.7026 (1:15.6850)	5:37.2866 (1:16.5840)	6:53.9136 (1:16.6270)
	8:11.5366 (1:17.6230)	9:27.3706 (1:15.8340)	
23 Courtois, Timothee		02 Piranhas Ets	9:32.07 2
	38.5026 (38.5026)	1:57.4536 (1:18.9510)	3:15.1726 (1:17.7190)
	4:30.5316 (1:15.3590)	5:46.1576 (1:15.6260)	7:02.6036 (1:16.4460)
	8:18.4826 (1:15.8790)	9:32.0686 (1:13.5860)	
24 Guerry, Tanguy		04 Piranhas Ets	9:33.27 2
	37.8996 (37.8996)	1:56.5006 (1:18.6010)	3:14.3316 (1:17.8310)
	4:29.2506 (1:14.9190)	5:45.3246 (1:16.0740)	7:01.5306 (1:16.2060)
	8:18.8196 (1:17.2890)	9:33.2666 (1:14.4470)	
25 Bolduc, William		01 Independant	9:40.76 2
	38.8086 (38.8086)	1:56.7886 (1:17.9800)	3:14.6386 (1:17.8500)
	4:31.3016 (1:16.6630)	5:49.6086 (1:18.3070)	7:08.2436 (1:18.6350)
	8:26.8346 (1:18.5910)	9:40.7546 (1:13.9200)	
26 Arsenault, Jacob		02 Piranhas Ets	9:46.22 2
	40.0166 (40.0166)	1:59.1666 (1:19.1500)	3:17.5516 (1:18.3850)
	4:35.0466 (1:17.4950)	5:53.8786 (1:18.8320)	7:14.2746 (1:20.3960)
	8:32.0166 (1:17.7420)	9:46.2136 (1:14.1970)	

27 Saulquin, Thomas	02 Piranhas Ets	9:50.09	2
39.2236 (39.2236)	1:58.2936 (1:19.0700)	3:17.9526 (1:19.6590)	
4:36.9446 (1:18.9920)	5:57.1856 (1:20.2410)	7:18.8606 (1:21.6750)	
8:39.2966 (1:20.4360)	9:50.0816 (1:10.7850)		
28 Johnston, Jack	08 Ottawa Lions	9:50.29	2
38.1896 (38.1896)	1:57.1276 (1:18.9380)	3:15.6326 (1:18.5050)	
4:34.3936 (1:18.7610)	5:54.3336 (1:19.9400)	7:15.1776 (1:20.8440)	
8:34.6476 (1:19.4700)	9:50.2816 (1:15.6340)		
29 Pellerin, Emile	04 Corsaire-Chaparr	9:51.44	2
39.8236 (39.8236)	1:58.8956 (1:19.0720)	3:17.2866 (1:18.3910)	
4:34.6576 (1:17.3710)	5:53.5666 (1:18.9090)	7:14.5776 (1:21.0110)	
8:35.8846 (1:21.3070)	9:51.4376 (1:15.5530)		
30 Lenice, Thomas	99 Piranhas Ets	10:14.93	2
41.6106 (41.6106)	2:02.0836 (1:20.4730)	3:23.2756 (1:21.1920)	
4:44.8546 (1:21.5790)	6:06.2176 (1:21.3630)	7:29.2956 (1:23.0780)	
8:53.2006 (1:23.9050)	10:14.9286 (1:21.7280)		
31 Pitois, Louis	91 Uqam Citadins	10:36.76	2
40.2186 (40.2186)	2:01.6466 (1:21.4280)	3:24.2396 (1:22.5930)	
4:49.9586 (1:25.7190)	6:16.7656 (1:26.8070)	7:48.1926 (1:31.4270)	
9:18.8266 (1:30.6340)	10:36.7596 (1:17.9330)		

#### Men 60 Meter Hurdles Open

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Meet: M 8.12 2024-02-17 Tamarri Lindo  
, York University

Dome: D 7.96 2008-01-12 Charles Allen  
, Ottawa Lions

uSport AutoQ: U 8.06

Name	Year Team	Prelims	H#
=====			

#### Preliminaries

1 Lapointe, Emile	03 MontrealCarabins	8.41q	1
2 Jolly, Mael	04 Piranhas Ets	8.80q	1
3 Nenez, Fabrice	02 Ottawa Gee-Gees	9.06q	1
4 Geysens, Thomas	05 MontrealCarabins	9.37q	2 9.364
5 Leger, Taylor	96 St.LaurentSelect	9.37q	1 9.367
6 Weldon, Jacob	01 Independant	9.81q	2

#### Men 60 Meter Hurdles Open

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Meet: M 8.12 2024-02-17 Tamarri Lindo  
, York University

Dome: D 7.96 2008-01-12 Charles Allen

, Ottawa Lions

uSport AutoQ: U 8.06

Name	Year Team	Finals
=====		
Finals		
1 Lapointe, Emile	03 MontrealCarabins	8.35
2 Nonez, Fabrice	02 Ottawa Gee-Gees	8.91
3 Leger, Taylor	96 St.LaurentSelect	9.02
4 Geysens, Thomas	05 MontrealCarabins	9.48
5 Weldon, Jacob	01 Independant	9.87

Men 4x200 Meter Relay Open

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Meet: M 1:28.14 2019-02-16 Universite Laval

, Universite Laval

Francois E., Hento P., Yannis A., Jean-Samuel M.

Dome: D 1:25.28 2012-02-11 University of Ottawa, University of Ottawa

Oluwasegun M., Michael R., Devin B., Moussa S.

uSport AutoQ: U 1:27.90

Team	Finals	H#
=====		
1 York Lions 'A'	1:27.74U	1
1) Burke, Daniel 98	2) Moustafa, Ibrahim 95	
3) Richards, Matthew 02	4) Choumbe Yami, Brandon 06	
44.0605 (44.0605)	1:27.7315 (43.6710)	
2 Waterloo Warriors 'A'	1:28.62	1
1) Manouchehr, Dominik 03	2) Gbenjo, David 04	
3) Lemon, Ben 03	4) Amato, Samuel 05	
44.5715 (44.5715)	1:28.6155 (44.0440)	
3 Ottawa Gee-Gees 'A'	1:29.33	1
1) Gurnsey, Joel 01	2) Harris, William 05	
3) Moulougou, David 03	4) Raji, Alex 06	
44.7675 (44.7675)	1:29.3305 (44.5630)	
4 York Lions 'B'	1:30.22	2
1) Lindo, Tamarri 03	2) Jackson, Kejean 97	
3) McRae, Kwabena 06	4) St, Louis- Evans, Jesse 00	
45.1355 (45.1355)	1:30.2165 (45.0810)	
5 Lakehead Thunderwolves 'A'	1:30.34	1
45.1565 (45.1565)	1:30.3325 (45.1760)	
6 Ottawa Gee-Gees 'B'	1:38.22	2
1) Nonez, Fabrice 02	2) Marin, Mason 05	
3) Cunningham, William 06	4) Tapa, Jamie	

47.5865 (47.5865)

1:38.2155 (50.6290)

Men 4x400 Meter Relay Open

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Meet: M 3:14.79 2020-02-15 University of Toronto

, University of Tor

Emmett B., Marcus N., Alexander B., Jack B.

Dome: D 3:07.71 2011-02-12 Canada

, Canada

uSport AutoQ: U 3:17.31

Team

Finals

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1 Waterloo Track Club 'A'		3:17.03U
1) Babcock, Owen 97	2) Lorentz, Joshua 97	
3) Grant, Oliver 91	4) Hehn, Nathan 98	
49.3969 (49.3969)	1:38.9729 (49.5760)	2:28.6189 (49.6460)
3:17.0259 (48.4070)		
2 Waterloo Warriors 'A'		3:18.59
1) Gbenjo, David 04	2) Baranoski, Lucas 03	
3) Jacobs-Gamble, Riley 05	4) Lemon, Ben 03	
49.2329 (49.2329)	1:39.8699 (50.6370)	2:29.4299 (49.5600)
3:18.5829 (49.1530)		
3 Lakehead Thunderwolves 'A'		3:20.61
1) Lawson, Benjamin 03	2) Turek, Jacob 05	
3) Mills, Oskar 05	4) Hudec, Stephen 05	
51.3439 (51.3439)	1:40.1109 (48.7670)	2:30.5379 (50.4270)
3:20.6099 (50.0720)		
4 Laurier Golden Hawks 'A'		3:25.84
1) Thorpe, Chad 06	2) Moore, Finn 06	
3) Trowbridge, Braydon 02	4) Kuhlberg, Nolan 06	
51.0749 (51.0749)	1:41.2179 (50.1430)	2:35.2239 (54.0060)
3:25.8329 (50.6090)		
5 Piranhas Ets 'A'		3:57.25
57.5849 (57.5849)	1:57.0409 (59.4560)	3:00.9199 (1:03.8790)
3:57.2429 (56.3230)		

Men 4x800 Meter Relay Open

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Meet: M 7:34.43 2023-02-17 Universite Montreal

, Universite Montreal

Zakary M., Gabriel S., Yassine A., Mohand Zine K.

Dome: D 7:34.43 2023-02-17 Universite Montreal

, Universite Montreal

Zakary M., Gabriel S., Yassine A., Mohand Zine K.

uSport AutoQ: U 7:33.58

Team	Finals
1 Sherbrooke Vert-et-Or 'A'	7:45.88
1) Deziel, Felix 03	2) Tremblay, Charles-Etienne 97
3) Peladeau, Thomas 04	4) Rondeau, Sacha
55.7919 (55.7919)	1:58.0459 (1:02.2540) 2:53.0449 (54.9990)
3:53.7919 (1:00.7470)	4:49.3219 (55.5300) 5:47.1959 (57.8740)
6:44.1529 (56.9570)	7:45.8779 (1:01.7250)

Men High Jump Open

Meet: M 2.15m 2023-02-18 Thomas Senechal-Becker

, University of Otta

Dome: D 2.15m 2023-02-18 Thomas Senechal-Becker

, University of Otta

uSport AutoQ: U 2.05m

Name	Year Team	Finals
1 Le Gac, Matthias	02 Piranhas Ets	1.95m
1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.01		
P P P P P O O XXO P O XXX		
2 Marin, Mason	05 Ottawa Gee-Gees	1.90m
1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.95		
P P P P P P O O O XXX		
3 Edwards, Ethan	05 York Lions	1.80m
1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85		
P P P P P O O XXX		
3 Guevara-Gibson, Kai	07 Unattached ON	1.80m
1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85		
P P P P XXO XO XXO XXX		
3 Cazabon, Maxime	09 Ottawa Lions	1.80m
1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85		
P P P P O XO XXO XXX		
3 Wright, Kyan	08 York Region	1.80m
1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85		
P P P O O XO XXO XXX		
7 Kobenan, Adingra Emmanue	99 Vainqueurs Plus	1.75m
1.50 1.55 1.60 1.65 1.70 1.75 1.80		
P P P P XPP XO XXX		
7 Foote, Jayden	08 C.A.N.I.	1.75m

	1.50	1.55	1.60	1.65	1.70	1.75	1.80							
	P	P	P	O	O	O	XXX							
7	Cote, Antoine				04 Sherbrooke				1.75m					
	1.50	1.55	1.60	1.65	1.70	1.75	1.80							
	P	P	P	P	P	XO	XXX							
10	Geysens, Thomas				05 MontrealCarabins				1.70m					
	1.50	1.55	1.60	1.65	1.70	1.75								
	P	P	O	O	O	XXX								
11	Romulus, Freud Kersley				05 Corsaire-Chaparr				1.65m					
	1.50	1.55	1.60	1.65	1.70									
	P	P	P	XXO	XXX									
11	Elmasry, Yusuf				09 Ottawa Lions				1.65m					
	1.50	1.55	1.60	1.65	1.70									
	O	X	O	XXO	XXX									
--	Gagnon, Lucas				01 Sherbrooke				NH					
	1.50	1.55	1.60											
	P	P	XXX											

Men Pole Vault Open

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Meet: M 4.60m 2018-02-17 Telvin Tavernier  
, Ottawa Lions

Dome: D 5.10m 2005-12-02 John Zubyck  
, Canada

uSport AutoQ: U 4.83m

Name	Year	Team	Finals												
=====															
1	Mangue, Evann	00 MontrealCarabins	4.46m												
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66	3.86	4.06	4.26	4.46	4.56	4.66
	P	P	P	P	P	P	P	P	P	P	P	P	O	P	XXX
2	Aubin, Mathieu	03 Sherbrooke	4.46m												
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66	3.86	4.06	4.26	4.46	4.56	
	P	P	P	P	P	P	P	P	P	P	XO	O	XO	XXX	
3	Mordel, Eli	08 Ottawa Lions	3.86m												
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66	3.86	4.06				
	P	P	P	P	P	P	P	P	O	O	XXX				
4	Sallez, Hector	01 Piranhas Ets	3.66m												
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66	3.86					
	P	P	P	P	P	P	P	O	O	XXX					
5	Vallee, Samuel	00 Sherbrooke	3.46m												
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66						
	P	P	P	P	P	P	P	O	XXX						
5	Hugot, Alexandre	01 Piranhas Ets	3.46m												

	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66		
	P	P	P	P	P	P	O	O	XXX		
5	Robertson, Cameron				03	Ottawa Gee-Gees				3.46m	
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66		
	P	P	P	P	P	P	O	O	XXX		
5	Giroux, Thomas				03	Sherbrooke				3.46m	
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66		
	P	P	P	P	P	P	P	O	XXX		
9	Carrier, Julien				02	Sherbrooke				3.46m	
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66		
	P	P	P	P	P	P	P	XO	XXX		
10	Parlebas, Nathan				04	Carleton Ravens				3.46m	
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66		
	P	P	P	P	P	P	P	XXO	XXX		
11	Latour, Francis				99	MontrealCarabins				3.06m	
	1.86	2.26	2.46	2.66	2.86	3.06	3.16				
	P	P	P	P	XXO	XO	XXX				
12	London, Kyle				07	Ottawa Lions				2.86m	
	1.86	2.26	2.46	2.66	2.86	3.06					
	O	XO	O	O	XXO	XXX					
--	Bedard, Sebastien				04	MontrealCarabins				NH	
	1.86	2.26	2.46	2.66	2.86	3.06	3.16	3.46	3.66	3.86	
	P	P	P	P	P	P	P	P	P	X	

Men Long Jump Open

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Meet: M 7.20m 2020-02-15 Bryson Patterson  
, C.A.N.I.

Dome: D 7.52m 2010-02-13 Christopher Greenaway  
, University of Ottawa

": D 7.52m 2011-02-12 Oluseyi Smith  
, Ottawa Lions

": D 7.52m 2025-01-18 Bryson Petterson, C.A.N.I.

uSport AutoQ: U 7.18m

Name	Year	Team	Finals	H#		
1 Foster, Joshua	02	Carleton Ravens	7.09m	2		
	FOUL	7.01m	FOUL	7.09m	7.02m	FOUL
2 Bayard-Fournier, Emerick	04	MontrealCarabins	7.08m	2		
	6.80m	FOUL	7.08m	7.00m	FOUL	FOUL
3 Tegha, Boyce Jr Mua	05	Independant	6.93m	2		
	6.63m	6.72m	6.64m	6.61m	6.82m	6.93m
4 Mathivathanan, Arwin	05	York Lions	6.76m	2		

	FOUL	FOUL	6.47m	6.76m	FOUL	6.23m		
5	Patterson-Blasse, Bryson 95 C.A.N.I.					6.66m	2	
	FOUL	6.53m	FOUL	FOUL	FOUL	6.66m		
6	Hudec, Stephen 05 Lakehead					6.54m	2	
	6.22m	FOUL	6.54m	PASS	5.96m	6.12m		
7	Zephirin, Michaelson 06 Vainqueurs Plus					6.50m	2	
	6.31m	5.97m	6.18m	6.50m	FOUL	6.43m		
8	Halog, Jonelle 95 C.A.N.I.					6.41m	2	
	6.00m	6.41m	6.39m	FOUL	5.85m	5.68m		
9	Osawe, Osaze 03 Carleton Ravens					6.23m	1	
	6.13m	6.23m	6.15m					
10	Bale, Nathanael 02 Vainqueurs Plus					6.21m	1	
	5.95m	FOUL	6.21m					
11	Gauthier, Thomas 06 Corsaire-Chaparr					6.16m	2	
	FOUL	6.16m	FOUL					
12	Simon, Axel 04 Piranhas Ets					6.10m	1	
	6.05m	6.05m	6.10m					
13	Cote, Antoine 04 Sherbrooke					6.09m	2	
	6.09m	PASS	PASS					
14	Parent, Cedric 03 LavalRouge-et-Or					5.97m	2	
	FOUL	5.97m	5.90m					
15	Pinto, Cohen 08 Ottawa Lions					5.86m	1	
	5.86m	5.80m	5.70m					
16	St-Germain, Alexandre 04 MontrealCarabins					5.81m	1	
	5.66m	5.62m	5.81m					
17	Smith Robson, Malcolm 05 Carleton Ravens					5.74m	1	
	5.74m	FOUL	FOUL					
18	Cazabon, Maxime 09 Ottawa Lions					5.70m	1	
	FOUL	5.65m	5.70m					
19	Romulus, Freud Kersley 05 Corsaire-Chaparr					5.53m	1	
	FOUL	5.53m	FOUL					
20	Legros, Marcus 06 McGill					5.44m	1	
	5.23m	5.44m	5.32m					
20	Ng-A-Fook, Ezra 07 Ottawa Lions					5.44m	1	
	5.21m	5.44m	4.78m					
22	Latour, Francis 99 MontrealCarabins					4.83m	1	
	3.87m	FOUL	4.83m					

#### Men Triple Jump Open

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Meet: M 15.06m 2023-02-18 Guilhem Hermet  
, St. Laurent Select

Dome: D 15.06m 2023-02-18 Guilhem Hermet

, St. Laurent Select  
 uSport AutoQ: U 14.94m

Name	Year	Team	Finals
1 Hermet, Guilhem	98	St.LaurentSelect	14.46m
FOUL	14.13m	14.41m	14.46m
2 Tegha, Boyce Jr Mua	05	Independant	14.35m
14.12m	14.35m	14.30m	FOUL
3 Yesufu, Mouhammad Ali Za	06	Vainqueurs Plus	13.80m
FOUL	13.59m	13.80m	FOUL
4 Osawe, Osaze	03	Carleton Ravens	13.33m
FOUL	FOUL	13.33m	13.24m
5 Viens, Gabriel	07	Sherbrooke	12.59m
12.40m	11.49m	12.42m	12.59m
6 Pfister, Renaud	05	St.LaurentSelect	11.70m
FOUL	11.56m	11.70m	FOUL
7 St-Germain, Alexandre	04	MontrealCarabins	11.50m
11.50m	FOUL	FOUL	11.50m
PASS	PASS		

Men Shot Put Open

Meet: M 15.13m 2024-02-17 Connor Fraser  
 , Carleton University  
 Dome: D 15.27m 2013-03-02 Brandon Deslauriers  
 , Napanee  
 uSport AutoQ: U 15.80m

Name	Year	Team	Finals
1 Fraser, Connor	04	Carleton Ravens	14.92m
14.45m	14.90m	14.66m	14.89m 14.92m 14.31m
2 Alashi, Baraa	05	Ottawa Gee-Gees	12.24m
11.63m	FOUL	FOUL	12.24m FOUL FOUL
3 Nzambe-Busugu, Landry	67	LasalleAthletics	11.87m
11.87m	FOUL	FOUL	FOUL FOUL FOUL
4 Abu Mahfuz, Sami	06	Ottawa Gee-Gees	11.73m
11.73m	11.23m	11.56m	FOUL 10.43m FOUL
5 Grieve, John	02	Carleton Ravens	11.63m
11.55m	10.38m	10.87m	11.35m 11.63m 10.95m
6 London, Kyle	07	Ottawa Lions	11.46m
11.46m	10.98m	10.87m	10.96m 11.12m FOUL
7 Moly, Markenley	00	A.T.P.	10.98m
9.26m	10.20m	10.80m	10.98m FOUL FOUL
8 Beraldin, J-Angelo	60	Ottawa Lions	9.85m
			Weight: 5kg

9.85m 9.54m 9.81m FOUL 9.38m 9.49m  
 9 Latour, Francis 99 MontrealCarabins 9.64m  
 9.09m 9.64m FOUL FOUL 9.22m 9.34m  
 10 Morin, Jan 07 Kilomaitres 9.05m Weight: 6kg  
 FOUL 8.71m 9.05m FOUL FOUL FOUL  
 11 Calvert, Liam 06 Ottawa Lions 8.48m Weight: 6kg  
 FOUL 8.36m FOUL 8.48m 7.52m 8.29m  
 12 Lalaian, Michael 04 Concordia 8.08m  
 7.83m FOUL 7.73m FOUL 7.73m 8.08m

Men Weight Throw Open

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Meet: M 19.58m 2023-02-18 Joey Lussier  
 , Universite Laval

Dome: D 19.83m 2024-01-20 Joey Lussier  
 , Gatineau

uSport AutoQ: U 17.05m

Name	Year Team	Finals	
1 Beraldin, J-Angelo	60 Ottawa Lions	11.64m	Weight: 20lbs
FOUL 11.64m FOUL 11.07m 10.99m 10.15m			
2 Obrien, Connor	04 Ottawa Gee-Gees	9.16m	
FOUL 8.74m 9.16m 9.06m 8.35m 8.27m			
3 Moly, Markenley	00 A.T.P.	8.28m	
7.98m 7.16m 8.28m FOUL 7.31m 7.71m			
4 Latour, Francis	99 MontrealCarabins	8.22m	
6.54m FOUL 8.22m			

Mixed 4x100 Meter Relay Under 16

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Team	Finals	H#
1 Ottawa Lions T.F.C 'C'	50.92	2
1) Patenaude, Jean-Marc 11	2) Williams, Atalia 10	
3) Daigle-Dasah, Olivia 10	4) Lussier, William 11	
2 Kilomaitres De Lasalle 'A'	55.14	1
1) Asong Tegha, Belva 10	2) Kabore, Eve Celya 11	
3) Mode, Nisha Isabelle 10	4) Sandy, Az'zahra 11	
3 Kilomaitres De Lasalle 'B'	58.57	2
1) Bayne, Ariel 12	2) Audet, Loann 11	
3) Branch, Timothy 11	4) Bayne, Gabriel 11	
4 Ottawa Lions T.F.C 'D'	1:02.28	2
1) Luz, Erica 11	2)	

3)		4) Smeltzer, Michael 11		
5 Ottawa Lions T.F.C 'B'			1:04.43	1
3) Arella, Mikaela 11		4) Hoogenraad, Saoirse 11		
6 Ottawa Lions T.F.C 'A'			1:11.42	1
1) Roy, Penny 12		2) Hill, Molly 12		
3) Hayes, Hailey 11		4) Helbawi, Ara 12		