

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Meet Program

Event 1 Women 50 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 3 Prelims					
1	142	Lamb, Agnes	W87	Unattached Ontario	16.17
2	100	Alexis, Wendy	W67	Ottawa Lions	7.90
3	119	Del Grande, Karla	W69	Variety Village	7.71
4	164	Roberts, Kim	W57	Unattached NB	9.00
5	147	Loucks, Kairy	W56	Unattached Ontario	8.50
6	133	Hargreaves, Valerie	W56	Unattached Ontario	8.92
7	125	Falcon, Josee	W55	Saint-Jean Olym.	8.50
8	159	Oswald, Carrie-Ann	W55	Unattached Ontario	8.91
Heat 2 of 3 Prelims					
3	107	Bortolussi, Dala	W54	Rive-Sud	10.00
4	163	Robarts, Carolyn	W53	Variety Village	10.00
5	104	Babalola, Omena	W54	Winnipeg Opti.	8.66
6	112	Cheung, Joni	W51	Jamcan Int.	10.00
Heat 3 of 3 Prelims					
2	158	Osborne, Manon	W48	Gatineau	8.50
3	110	Cachuela, Grace	W47	Jamcan Int.	8.00
4	143	Lavigne, Stéphanie	W35	Unattached Ontario	7.30
5	160	Pedrero, Ana	W34	Unattached Ontario	7.37
6	130	Gordon, Novelette	W40	Stoney Creek	9.00

Event 3 Women 60 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 4 Prelims					
1	142	Lamb, Agnes	W87	Unattached Ontario	19.40
2	150	Macherzynska, Renata	W64	Uni. Toronto TC	9.39
3	119	Del Grande, Karla	W69	Variety Village	9.00
4	100	Alexis, Wendy	W67	Ottawa Lions	9.20
5	109	Bryant, Jo	W66	Unattached NS	11.22
6	164	Roberts, Kim	W57	Unattached NB	9.98
7	147	Loucks, Kairy	W56	Unattached Ontario	9.54
8	133	Hargreaves, Valerie	W56	Unattached Ontario	10.21
Heat 2 of 4 Prelims					
1	159	Oswald, Carrie-Ann	W55	Unattached Ontario	10.22
2	104	Babalola, Omena	W54	Winnipeg Opti.	9.90
3	125	Falcon, Josee	W55	Saint-Jean Olym.	9.63
4	139	Jose, Nina	W53	Unattached Ontario	9.00
5	172	Zinman, Debbie	W53	Unattached Ontario	9.09
6	122	Duarte, Ann-Maria	W54	Jamcan Int.	9.73
7	163	Robarts, Carolyn	W53	Variety Village	10.03
8	107	Bortolussi, Dala	W54	Rive-Sud	11.26
Heat 3 of 4 Prelims					
3	158	Osborne, Manon	W48	Gatineau	8.86
4	110	Cachuela, Grace	W47	Jamcan Int.	8.00
5	127	Garfunkel, Violeta	W49	Variety Village	8.59
6	129	Gerry, Rachael	W40	Unattached Ontario	9.29

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Heat 4 of 4 Prelims...(Event 3 Women 60 Meter Dash Masters)

2	144	Leakey, Shelleyann	W32	Unattached Ontario	9.27
3	160	Pedrero, Ana	W34	Unattached Ontario	8.63
4	124	Eboh, Jennifer	W39	Etobicoke Huskie	8.98
5	143	Lavigne, Stéphanie	W35	Unattached Ontario	8.55
6	156	Newington, Dash	W38	United Kingdom	9.32

Event 5 Women 200 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 4 Timed Finals					
1	109	Bryant, Jo	W66	Unattached NS	39.00
2	119	Del Grande, Karla	W69	Variety Village	30.31
3	150	Macherzynska, Renata	W64	Uni. Toronto TC	32.54
4	172	Zinman, Debbie	W53	Unattached Ontario	31.55
5	104	Babalola, Omena	W54	Winnipeg Opti.	33.00
Section 2 of 4 Timed Finals					
2	133	Hargreaves, Valerie	W56	Unattached Ontario	35.00
3	125	Falcon, Josee	W55	Saint-Jean Olym.	34.08
4	164	Roberts, Kim	W57	Unattached NB	35.67
5	159	Oswald, Carrie-Ann	W55	Unattached Ontario	37.36
Section 3 of 4 Timed Finals					
2	110	Cachuela, Grace	W47	Jamcan Int.	32.00
3	127	Garfunkel, Violeta	W49	Variety Village	27.89
4	158	Osborne, Manon	W48	Gatineau	30.01
5	103	Arnason, Sandi	W49	Riversdale AC	32.00
Section 4 of 4 Timed Finals					
2	129	Gerry, Rachael	W40	Unattached Ontario	36.00
3	143	Lavigne, Stéphanie	W35	Unattached Ontario	28.71
4	160	Pedrero, Ana	W34	Unattached Ontario	28.84

Event 7 Women 400 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 3 Timed Finals					
2	108	Botelho, Rita	W62	Uni. Toronto TC	1:22.00
3	119	Del Grande, Karla	W69	Variety Village	1:10.09
4	121	Dixon, Donna	W60	Unattached Alberta	1:17.88
Section 2 of 3 Timed Finals					
2	133	Hargreaves, Valerie	W56	Unattached Ontario	1:27.00
3	171	Weber, Catherine	W53	Uni. Toronto TC	1:23.69
4	164	Roberts, Kim	W57	Unattached NB	1:25.49
Section 3 of 3 Timed Finals					
1	111	Carew, Julia	W37	Uni. Toronto TC	1:10.00
2	156	Newington, Dash	W38	United Kingdom	1:08.12
3	137	Howitt, Kimberley	W38	Ottawa Lions	1:06.00
4	379	Jessop, Aimee	W43	Monarch AC	1:00.00
5	158	Osborne, Manon	W48	Gatineau	1:08.88

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Event 9 Women 800 Meter Run Masters

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 2 Timed Finals

1	157	Ohler, Makie	W60	Uni. Toronto TC	2:56.37
2	121	Dixon, Donna	W60	Unattached Alberta	3:00.00
3	141	Koch, Anne	W57	Uni. Toronto TC	3:01.00
4	108	Botelho, Rita	W62	Uni. Toronto TC	3:02.00
5	171	Weber, Catherine	W53	Uni. Toronto TC	3:06.00
6	145	Lee, Faith	W63	Ontario Racewalk	4:00.00

Section 2 of 2 Timed Finals

1	168	Vaillancourt, Emma	W31	Unattached Ontario	2:23.49
2	165	Shaw, Jessica	W33	Newmarket Huskie	2:23.58
3	137	Howitt, Kimberley	W38	Ottawa Lions	2:28.00
4	158	Osborne, Manon	W48	Gatineau	2:30.00
5	146	Lemelin, Cosette	W48	Edmonton Masters	2:30.04
6	105	Barbour, Courtney	W36	Unattached NS	2:40.00

Event 11 Women 1500 Meter Run Masters

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	155	Newell, Tiffany	W50	Runners Edge	4:46.12
2	165	Shaw, Jessica	W33	Newmarket Huskie	4:56.38
3	168	Vaillancourt, Emma	W31	Unattached Ontario	4:58.14
4	146	Lemelin, Cosette	W48	Edmonton Masters	5:06.81
5	377	Boisclair, Jamie	W45	Monarch AC	5:30.00
6	157	Ohler, Makie	W60	Uni. Toronto TC	5:48.28
7	108	Botelho, Rita	W62	Uni. Toronto TC	6:05.00
8	171	Weber, Catherine	W53	Uni. Toronto TC	6:23.00
9	113	Chitte, Vinita	W56	Unattached Ontario	7:30.00
10	378	Jaklich, Linda	W49	Unattached Ontario	8:00.00

Event 13 Women 3000 Meter Run Masters

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

1	157	Ohler, Makie	W60	Uni. Toronto TC	11:40.99
2	149	MacDonell, Jennifer	W66	Physi-Kult	12:10.00
3	141	Koch, Anne	W57	Uni. Toronto TC	13:12.77
4	151	Mantel, Kathy	W55	Brantford T.F.C.	13:30.00
5	113	Chitte, Vinita	W56	Unattached Ontario	14:16.00

Event 15 Women 50 Meter Hurdles Masters

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 1 Timed Finals

2	159	Oswald, Carrie-Ann	W55	Unattached Ontario	10.00
3	147	Loucks, Kairy	W56	Unattached Ontario	9.00
5	103	Arnason, Sandi	W49	Riversdale AC	9.89
6	166	Sivers, Laura	W40	Brockville Legi.	10.61

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Event 17 Women 60 Meter Hurdles Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
3	109	Bryant, Jo	W66	Unattached NS	15.00
4	147	Loucks, Kairy	W56	Unattached Ontario	11.63
5	159	Oswald, Carrie-Ann	W55	Unattached Ontario	14.40
6	112	Cheung, Joni	W51	Jamcan Int.	15.00
Section 2 of 2 Timed Finals					
2	156	Newington, Dash	W38	United Kingdom	11.29
4	103	Arnason, Sandi	W49	Riversdale AC	10.96
5	130	Gordon, Novelette	W40	Stoney Creek	10.00
6	166	Sivers, Laura	W40	Brockville Legi.	12.74

Event 23 Women High Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	156	Newington, Dash	W38	United Kingdom	1.44m
2	103	Arnason, Sandi	W49	Riversdale AC	1.25m
3	101	Amerongen, Loretta	W69	Columbians TC	1.02m

Event 25 Women Pole Vault Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	156	Newington, Dash	W38	United Kingdom	2.90m
2	106	Barta, Mihaela	W42	Vainqueurs Plus	2.80m
3	138	Ireland, Charlotte	W43	Unattached Ontario	2.55m

Event 27 Women Long Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	101	Amerongen, Loretta	W69	Columbians TC	2.90m
2	147	Loucks, Kairy	W56	Unattached Ontario	4.16m
3	112	Cheung, Joni	W51	Jamcan Int.	3.06m
4	163	Robarts, Carolyn	W53	Variety Village	3.20m
5	103	Arnason, Sandi	W49	Riversdale AC	4.12m
6	106	Barta, Mihaela	W42	Vainqueurs Plus	3.35m
7	156	Newington, Dash	W38	United Kingdom	4.64m

Event 29 Women Triple Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	103	Arnason, Sandi	W49	Riversdale AC	8.32m
2	156	Newington, Dash	W38	United Kingdom	9.93m
3	101	Amerongen, Loretta	W69	Columbians TC	6.30m
4	147	Loucks, Kairy	W56	Unattached Ontario	8.72m
5	134	Hastick Cowell, Michelle	W49	Unattached Ontario	10.15m

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Event 31 Women Shot Put Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 2 Finals					
1	153	Miklos Den Iseger, Joanne	W76	London Western	7.00m
2	135	Hessel, Laura	W70	Unattached Alberta	8.50m
3	101	Amerongen, Loretta	W69	Columbians TC	7.00m
4	128	Garner, Doreen	W68	Throwers Club	9.35m
5	162	Reisler, Stephanie	W59	London Western	7.76m
6	116	Dajia, Kristen	W59	Throwers Club	9.39m
7	123	Easton, Leah	W57	Throwers Club	8.74m
Flight 2 of 2 Finals					
1	107	Bortolussi, Dala	W54	Rive-Sud	6.71m
2	122	Duarte, Ann-Maria	W54	Jamcan Int.	5.00m
3	169	Veilleux, Brenda	W52	London Western	7.21m
4	115	Corcoran, Patricia	W52	London Western	7.12m
5	170	Viggers, Tracy	W51	Unattached Ontario	10.00m
6	136	Heston, Jennifer	W51	United States	7.72m
7	103	Arnason, Sandi	W49	Riversdale AC	7.69m
8	140	Kaur, Rajwinder	W46	Unattached Ontario	8.26m
9	132	Guy, Melanie	W45	Coriaces	10.85m
10	154	Mullings, Sheree	W41	Jamcan Int.	8.12m
11	166	Sivers, Laura	W40	Brockville Legi.	9.32m
12	156	Newington, Dash	W38	United Kingdom	7.34m

Event 33 Women Weight Throw Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	153	Miklos Den Iseger, Joanne	W76	London Western	7.00m
2	131	Green, Lucille	W74	Oakville T.F.C.	7.50m
3	135	Hessel, Laura	W70	Unattached Alberta	10.99m
4	128	Garner, Doreen	W68	Throwers Club	10.35m
5	109	Bryant, Jo	W66	Unattached NS	9.31m
6	116	Dajia, Kristen	W59	Throwers Club	12.00m
7	123	Easton, Leah	W57	Throwers Club	8.00m
8	107	Bortolussi, Dala	W54	Rive-Sud	6.50m
9	170	Viggers, Tracy	W51	Unattached Ontario	10.00m
10	136	Heston, Jennifer	W51	United States	8.32m
11	120	Diener, Andrea	W47	Mustangs T.F.C.	12.38m
12	140	Kaur, Rajwinder	W46	Unattached Ontario	8.12m
13	132	Guy, Melanie	W45	Coriaces	12.31m
14	166	Sivers, Laura	W40	Brockville Legi.	10.44m
15	156	Newington, Dash	W38	United Kingdom	10.18m

Event 41 Indoor Pentathlon: #1 Women 60 Meter Hurdles Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
3	114	Chitul, Olesea	W47	Greyhounds	NT
5	156	Newington, Dash	W38	United Kingdom	NT

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Event 41 Indoor Pentathlon: #2 Women High Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	114	Chitul, Olesea	W47	Greyhounds	NH
2	156	Newington, Dash	W38	United Kingdom	NH

Event 41 Indoor Pentathlon: #4 Women Long Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	156	Newington, Dash	W38	United Kingdom	ND
2	114	Chitul, Olesea	W47	Greyhounds	ND

Event 41 Indoor Pentathlon: #3 Women Shot Put Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	114	Chitul, Olesea	W47	Greyhounds	ND
2	156	Newington, Dash	W38	United Kingdom	ND

Event 19 Women 1500 Meter Race Walk Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	126	Flipsen, Johanna	W68	Alberta Racewalk	8:24.10
2	156	Newington, Dash	W38	United Kingdom	8:41.10
3	145	Lee, Faith	W63	Ontario Racewalk	9:30.00
4	117	De Thy, Anne	W69	Ontario Racewalk	9:43.30
5	102	Archibald, Sandy	W63	Bytown Walkers	9:44.98
6	148	Love, Bonnie	W64	Athletics Yukon	10:31.99
7	152	McIntyre, Susan	W66	Bytown Walkers	11:24.00
8	118	De Visme, Claire	W59	Ontario Racewalk	12:30.00

Event 21 Women 3000 Meter Race Walk Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
8	126	Flipsen, Johanna	W68	Alberta Racewalk	17:43.59
9	167	Smetana, Blanka	W48	Toronto RW	19:06.36
10	156	Newington, Dash	W38	United Kingdom	19:38.62
11	102	Archibald, Sandy	W63	Bytown Walkers	19:41.00
12	117	De Thy, Anne	W69	Ontario Racewalk	20:01.82
13	148	Love, Bonnie	W64	Athletics Yukon	21:04.00
14	152	McIntyre, Susan	W66	Bytown Walkers	23:37.00

Event 2 Men 50 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims					
2	271	Lamb, Ted	M87	Unattached Ontario	16.24
3	308	Morris, Mike	M82	Unattached Ontario	8.78
4	316	Perez, Jean-Louis	M78	Indépendant	8.63
5	345	Spencer, Douglas	M76	United States	7.60
6	306	Morley, Robert	M75	Unattached Ontario	8.00
7	239	Gee, Arthur	M79	Greyhounds	9.28

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Heat 2 of 9 Prelims...(Event 2 Men 50 Meter Dash Masters)

3	194	Bonenberg, Robert	M73	Rive-Sud	9.89
4	380	Bryant, N.Z.	M73	United States	8.00
5	254	Hehar, Manmohan	M72	Unattached Ontario	8.24

Heat 3 of 9 Prelims

1	216	Dalpe, André	M65	Kilomaitres	9.25
2	192	Blanchet, Yvon	M67	Indépendant	8.65
3	273	Laughlin, Jack	M65	Unattached Alberta	7.81
4	175	Alley, Raymond	M66	Greyhounds	7.40
5	296	Midder, Robert	M65	United States	7.57
6	295	Melchior, Ron	M66	Unattached NS	7.90
7	208	Cilevitz, Ralph	M68	Jamcan Int.	9.00

Heat 4 of 9 Prelims

2	384	Nasato, Robert	M62	Jamcan Int.	7.40
3	218	Dawson, Paul	M60	Unattached Ontario	7.58
4	178	Arnfield, Spencer	M63	Jamcan Int.	7.85
5	217	Darveau, Richard	M62	Indépendant	8.00
6	354	Tissenbaum, Allan	M62	United States	6.66
7	329	Roblin, Blair	M64	Unattached Ontario	8.00

Heat 5 of 9 Prelims

2	277	Lee, Paul	M63	Jamcan Int.	9.30
3	184	Ayo, Mello	M64	Jamcan Int.	8.00
4	322	Prime, Martin	M60	Trinidad-Tobago	7.30
5	369	Williams, Dave	M64	Uni. Toronto TC	8.00
6	278	Lee Foon, Mike	M62	Jamcan Int.	6.60
7	228	Ellis, Colin	M55	Unattached SK	6.80

Heat 6 of 9 Prelims

1	349	Swirsky, Brian	M50	Indépendant	7.90
2	366	Watanabe, Phil	M51	Unattached Ontario	7.00
3	368	Weniger, Mike	M50	Unattached Ontario	6.90
4	263	John, Nigel	M50	Jamcan Int.	6.50
5	256	Hui, Tit (jonathan)	M52	Jamcan Int.	6.67
6	362	Walker, Samuel	M51	Greyhounds	6.98
7	250	Harrower, Will	M51	Unattached BC	7.50
8	181	Atkinson, Tyler	M51	Unattached Ontario	8.00

Heat 7 of 9 Prelims

2	182	Atwal, Jag	M45	Unattached Alberta	7.20
3	301	Mirco, Sheldon	M46	Unattached Ontario	6.81
4	205	Carnate, Brian	M45	Greyhounds	6.40
5	240	Gibbons-Smyth, Paul	M46	Greyhounds	6.80
6	189	Berardi, John	M48	Thorold Elite	6.82

Heat 8 of 9 Prelims

2	352	Tekwa, Eden	M40	Uni. Toronto TC	7.20
3	319	Plummer, Levi Thomas	M42	Unattached Ontario	7.00
4	382	Hinton, Jackson	M41	Edmonton Int. TC	6.14
5	357	Uda, Thomas	M44	Uni. Toronto TC	7.00
6	204	Cairo, Francesco	M42	Unattached Ontario	7.00
7	260	James, Michael	M42	Brampton Elite	7.79

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Heat 9 of 9 Prelims...(Event 2 Men 50 Meter Dash Masters)

2	244	Grainger, Alan	M36	London Legion	7.00
3	266	Klein, Eric	M37	Thorold Elite	6.40
4	323	Primeau, David	M39	Force Track Team	6.80
5	272	Lau, Manly	M34	Uni. Toronto TC	6.59
6	302	Mlakar, Mark	M31	Unattached Ontario	6.25
7	242	Gopinath, Nakul	M34	Unattached BC	7.00

Event 4 Men 60 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
Heat 1 of 12 Prelims					
2	338	Sekhon, Pritam	M79	Unattached Ontario	19.99
3	316	Perez, Jean-Louis	M78	Indépendant	10.62
4	345	Spencer, Douglas	M76	United States	9.17
5	306	Morley, Robert	M75	Unattached Ontario	9.22
6	239	Gee, Arthur	M79	Greyhounds	11.04
7	308	Morris, Mike	M82	Unattached Ontario	10.24
8	271	Lamb, Ted	M87	Unattached Ontario	19.53
Heat 2 of 12 Prelims					
3	270	Lachance, Bernard	M72	Saint-Jean Olym.	10.20
4	380	Bryant, N.Z.	M73	United States	8.70
5	254	Hehar, Manmohan	M72	Unattached Ontario	9.29
Heat 3 of 12 Prelims					
1	192	Blanchet, Yvon	M67	Indépendant	9.73
2	273	Laughlin, Jack	M65	Unattached Alberta	9.28
3	175	Alley, Raymond	M66	Greyhounds	8.75
4	252	Hazen, Ward	M68	Laurel Creek	8.50
5	295	Melchior, Ron	M66	Unattached NS	8.73
6	296	Midder, Robert	M65	United States	9.08
7	246	Grose, Val	M67	Jamcan Int.	9.70
8	208	Cilevitz, Ralph	M68	Jamcan Int.	10.29
Heat 4 of 12 Prelims					
2	354	Tissenbaum, Allan	M62	United States	7.71
3	384	Nasato, Robert	M62	Jamcan Int.	8.29
4	360	Velautham, Ravindraraj	M62	United Tamil SC	9.30
5	369	Williams, Dave	M64	Uni. Toronto TC	8.82
6	278	Lee Foon, Mike	M62	Jamcan Int.	8.25
7	220	Di Ridolfo, Franco	M61	Indépendant	9.19
Heat 5 of 12 Prelims					
3	184	Ayo, Mello	M64	Jamcan Int.	10.00
4	178	Arnfield, Spencer	M63	Jamcan Int.	8.99
5	218	Dawson, Paul	M60	Unattached Ontario	9.00
6	269	Kudo, Ken	M60	Jamcan Int.	8.18
7	322	Prime, Martin	M60	Trinidad-Tobago	8.15
Heat 6 of 12 Prelims					
2	375	Zahirovich, Mooshie	M59	West Island T.C.	8.70
3	315	Palmer, Richard	M55	Jamcan Int.	7.90
4	365	Warburton, Christopher	M57	Variety Village	7.59
5	228	Ellis, Colin	M55	Unattached SK	7.79
6	326	Reynolds, Rick	M56	Unattached Ontario	7.99

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3	181	Atkinson, Tyler	M51	Unattached Ontario	9.30
4	362	Walker, Samuel	M51	Greyhounds	8.20
5	381	Dimnaku, Gezim	M51	Lachine	7.27
6	368	Weniger, Mike	M50	Unattached Ontario	7.89
7	287	Mason, Alex-Bobbie	M50	Unattached Ontario	7.94

Heat 8 of 12 Prelims

3	256	Hui, Tit (jonathan)	M52	Jamcan Int.	7.85
4	250	Harrower, Will	M51	Unattached BC	8.56
5	198	Brown, Geoff	M51	Unattached Ontario	8.43
6	263	John, Nigel	M50	Jamcan Int.	7.40

Heat 9 of 12 Prelims

2	240	Gibbons-Smyth, Paul	M46	Greyhounds	7.90
3	307	Morris, Michael	M45	Tough Track	7.67
4	189	Berardi, John	M48	Thorold Elite	7.08
5	205	Carnate, Brian	M45	Greyhounds	7.45
6	182	Atwal, Jag	M45	Unattached Alberta	7.85
7	301	Mirco, Sheldon	M46	Unattached Ontario	8.04

Heat 10 of 12 Prelims

2	357	Uda, Thomas	M44	Uni. Toronto TC	8.08
3	319	Plummer, Levi Thomas	M42	Unattached Ontario	7.50
4	204	Cairo, Francesco	M42	Unattached Ontario	7.00
5	382	Hinton, Jackson	M41	Edmonton Int. TC	7.12
6	177	Armstrong, Andrew	M40	Thorold Elite	7.86

Heat 11 of 12 Prelims

3	323	Primeau, David	M39	Force Track Team	7.80
4	286	Marenin, Roman	M39	United States	7.33
5	350	Taggart, Simon	M36	Uni. Toronto TC	7.49
6	244	Grainger, Alan	M36	London Legion	8.37

Heat 12 of 12 Prelims

2	284	Long Waslowski, Jesse	M31	Unattached Ontario	8.28
3	186	Barker, Jeff	M31	Jamcan Int.	7.70
4	302	Mlakar, Mark	M31	Unattached Ontario	7.25
5	272	Lau, Manly	M34	Uni. Toronto TC	7.59
6	314	Omosa, Stephen	M30	Blue Devils AC	7.87
7	242	Gopinath, Nakul	M34	Unattached BC	10.00

Event 6 Men 200 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 13 Timed Finals

1	308	Morris, Mike	M82	Unattached Ontario	37.00
2	338	Sekhon, Pritam	M79	Unattached Ontario	1:25.65
3	356	Tucker, Ray	M75	Unattached Ontario	37.50
4	345	Spencer, Douglas	M76	United States	31.50
5	316	Perez, Jean-Louis	M78	Indépendant	35.98

Section 2 of 13 Timed Finals

1	208	Cilevitz, Ralph	M68	Jamcan Int.	40.00
2	192	Blanchet, Yvon	M67	Indépendant	31.99
3	295	Melchior, Ron	M66	Unattached NS	28.01
4	273	Laughlin, Jack	M65	Unattached Alberta	31.42
5	296	Midder, Robert	M65	United States	32.00

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Section 3 of 13 Timed Finals...(Event 6 Men 200 Meter Dash Masters)

1	254	Hehar, Manmohan	M72	Unattached Ontario	31.87
2	277	Lee, Paul	M63	Jamcan Int.	35.00
3	178	Arnfield, Spencer	M63	Jamcan Int.	32.00
4	217	Darveau, Richard	M62	Indépendant	32.00
5	360	Velautham, Ravindraraj	M62	United Tamil SC	35.90

Section 4 of 13 Timed Finals

2	329	Roblin, Blair	M64	Unattached Ontario	30.00
3	322	Prime, Martin	M60	Trinidad-Tobago	25.63
4	278	Lee Foon, Mike	M62	Jamcan Int.	28.63
5	369	Williams, Dave	M64	Uni. Toronto TC	30.71

Section 5 of 13 Timed Finals

1	202	Burns, Jim	M58	Unattached NB	38.34
2	228	Ellis, Colin	M55	Unattached SK	26.59
3	365	Warburton, Christopher	M57	Variety Village	24.84
4	346	St-Arnaud, Claude	M59	Indépendant	26.00
5	290	McGhie, Brad	M59	London Legion	32.50

Section 6 of 13 Timed Finals

2	181	Atkinson, Tyler	M51	Unattached Ontario	32.97
3	362	Walker, Samuel	M51	Greyhounds	27.07
4	250	Harrower, Will	M51	Unattached BC	29.02
5	318	Pingue, Anthony	M51	Unattached Ontario	34.00

Section 7 of 13 Timed Finals

2	287	Mason, Alex-Bobbie	M50	Unattached Ontario	25.93
3	263	John, Nigel	M50	Jamcan Int.	24.00
4	221	Doucet, Patrice	M50	Milpat Mauricie	25.00
5	256	Hui, Tit (jonathan)	M52	Jamcan Int.	26.30

Section 8 of 13 Timed Finals

2	240	Gibbons-Smyth, Paul	M46	Greyhounds	26.80
3	182	Atwal, Jag	M45	Unattached Alberta	25.33
4	301	Mirco, Sheldon	M46	Unattached Ontario	26.05
5	294	Meikle, Supa D.A.	M45	Jamcan Int.	26.99

Section 9 of 13 Timed Finals

2	307	Morris, Michael	M45	Tough Track	24.85
3	304	Morgan, Otis	M47	Jamcan Int.	24.00
4	205	Carnate, Brian	M45	Greyhounds	24.50
5	189	Berardi, John	M48	Thorold Elite	25.00

Section 10 of 13 Timed Finals

2	298	Miller, Ainsley	M41	Jamcan Int.	27.00
3	258	Jacek, Trevor	M41	Running Wild AC	25.00
4	245	Griffiths, Mark	M42	Vainqueurs Plus	25.11
5	357	Uda, Thomas	M44	Uni. Toronto TC	27.24

Section 11 of 13 Timed Finals

1	323	Primeau, David	M39	Force Track Team	25.50
2	266	Klein, Eric	M37	Thorold Elite	24.36
3	286	Marenin, Roman	M39	United States	22.59
4	350	Taggart, Simon	M36	Uni. Toronto TC	24.16
5	297	Millage, Jamie	M38	Unattached Ontario	24.79

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Section 12 of 13 Timed Finals...(Event 6 Men 200 Meter Dash Masters)

3	210	Connors, Michael	M33	Uni. Toronto TC	26.63
4	284	Long Waslowski, Jesse	M31	Unattached Ontario	26.00
5	314	Omosa, Stephen	M30	Blue Devils AC	26.14

Section 13 of 13 Timed Finals

3	186	Barker, Jeff	M31	Jamcan Int.	25.10
4	242	Gopinath, Nakul	M34	Unattached BC	25.00
5	385	Pallotta, Matthew	M34	Unattached Ontario	25.00

Event 8 Men 400 Meter Dash Masters

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 9 Timed Finals

1	338	Sekhon, Pritam	M79	Unattached Ontario	3:09.19
2	239	Gee, Arthur	M79	Greyhounds	1:29.94
3	356	Tucker, Ray	M75	Unattached Ontario	1:15.80
4	316	Perez, Jean-Louis	M78	Indépendant	1:16.33

Section 2 of 9 Timed Finals

2	192	Blanchet, Yvon	M67	Indépendant	1:12.04
3	300	Millward, Steven	M67	Niagara Olympic	1:07.00
4	235	Friesen, Ken	M66	Tough Track	1:09.00

Section 3 of 9 Timed Finals

2	232	Flett, Gordon	M62	Roadkill RC	1:23.87
3	317	Pinckard, Mark	M62	Ocean Athletics	1:00.01
4	180	Athayde, Greg	M61	Tough Track	1:01.70

Section 4 of 9 Timed Finals

2	202	Burns, Jim	M58	Unattached NB	1:27.07
3	346	St-Arnaud, Claude	M59	Indépendant	58.00
4	228	Ellis, Colin	M55	Unattached SK	59.00

Section 5 of 9 Timed Finals

2	362	Walker, Samuel	M51	Greyhounds	59.12
3	221	Doucet, Patrice	M50	Milpat Mauricie	54.01
4	243	Graenert, Mirco	M54	Newmarket Huskie	56.90
5	253	Heaven, Howard	M51	Jamcan Int.	1:09.00

Section 6 of 9 Timed Finals

2	301	Mirco, Sheldon	M46	Unattached Ontario	56.89
3	304	Morgan, Otis	M47	Jamcan Int.	54.00
4	307	Morris, Michael	M45	Tough Track	55.89
5	182	Atwal, Jag	M45	Unattached Alberta	58.81

Section 7 of 9 Timed Finals

1	264	Johnson, Mark	M41	Jamcan Int.	59.00
2	298	Miller, Ainsley	M41	Jamcan Int.	57.00
3	245	Griffiths, Mark	M42	Vainqueurs Plus	54.84
4	258	Jacek, Trevor	M41	Running Wild AC	56.17
5	331	Sanders, Joshua	M40	Unattached Ontario	58.00

Section 8 of 9 Timed Finals

2	236	Galloway, Andrew	M38	London Western	55.35
3	286	Marenin, Roman	M39	United States	49.77
4	266	Klein, Eric	M37	Thorold Elite	54.79
5	211	Conway, Michael	M38	Ottawa Lions	55.49

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Section 9 of 9 Timed Finals...(Event 8 Men 400 Meter Dash Masters)

1	386	Pietrangelo, Christopher	M32	Etobicoke Huskie	59.90
2	385	Pallotta, Matthew	M34	Unattached Ontario	57.00
3	314	Omosa, Stephen	M30	Blue Devils AC	55.00
4	383	Miller, Jordan	M30	London Western	56.00
5	210	Connors, Michael	M33	Uni. Toronto TC	59.26

Event 10 Men 800 Meter Run Masters

Lane	Comp#	Name	Age	Team	Seed Time
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Section 1 of 4 Timed Finals

1	344	Southwood, Michael	M68	United States	2:58.14
2	235	Friesen, Ken	M66	Tough Track	2:39.00
3	229	Farr, Tony	M68	Uni. Toronto TC	3:10.00
4	299	Mills, Frank	M73	Kawartha Lakes	3:17.00
5	356	Tucker, Ray	M75	Unattached Ontario	2:58.14
6	338	Sekhon, Pritam	M79	Unattached Ontario	3:05.00
7	316	Perez, Jean-Louis	M78	Indépendant	3:16.33
8	207	Christensen, Verner	M82	Uni. Toronto TC	4:19.66
9	285	Mackie, Chris	M82	Unattached Ontario	3:30.00

Section 2 of 4 Timed Finals

1	232	Flett, Gordon	M62	Roadkill RC	3:04.32
2	317	Pinckard, Mark	M62	Ocean Athletics	2:14.42
3	180	Athayde, Greg	M61	Tough Track	2:15.59
4	325	Rayner, Simon	M58	Uni. Toronto TC	2:16.00
5	280	Lemelin, Syl	M55	Edmonton Masters	2:19.73
6	367	Weber, Harvey	M57	Running Wild AC	2:26.00
7	225	Dyck, Jim	M57	Toronto Harriers	2:10.00
8	376	Zero, Nick	M56	Unattached Ontario	2:25.00

Section 3 of 4 Timed Finals

1	243	Graenert, Mirco	M54	Newmarket Huskie	2:11.00
2	241	Gobeil, Gilles	M51	Gatineau	2:20.00
3	247	Grossi, Danny	M52	Unattached Ontario	2:28.00
4	221	Doucet, Patrice	M50	Milpat Mauricie	2:02.96
5	203	Byrne, Louis	M51	Toronto Olympic	2:40.62
6	318	Pingue, Anthony	M51	Unattached Ontario	2:55.00
7	279	Leef, Ryan	M49	Athletics Yukon	2:22.30
8	291	McGill, Robert	M46	Dundas Valley TC	2:11.00
9	234	Frenette, Gilles	M46	Ottawa Lions	2:19.57

Section 4 of 4 Timed Finals

1	298	Miller, Ainsley	M41	Jamcan Int.	2:25.00
2	264	Johnson, Mark	M41	Jamcan Int.	2:17.00
3	209	Coffin, John	M41	Tough Track	2:11.25
4	213	Costa, Chris	M43	Laurel Creek	2:12.71
5	353	Thompson, Craig	M40	Uni. Toronto TC	2:13.00
6	331	Sanders, Joshua	M40	Unattached Ontario	2:09.00
7	179	Aseltine, Ian	M41	London Western	2:08.61
8	245	Griffiths, Mark	M42	Vainqueurs Plus	2:08.36
9	258	Jacek, Trevor	M41	Running Wild AC	2:06.87
10	283	Logue, Michael	M41	Newmarket Huskie	2:06.00
11	211	Conway, Michael	M38	Ottawa Lions	2:07.39
12	183	Auguste, Fritzlor	M32	Ottawa Lions	2:21.62

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Event 12 Men 1500 Meter Run Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 4 Timed Finals					
1	207	Christensen, Verner	M82	Uni. Toronto TC	8:30.00
2	285	Mackie, Chris	M82	Unattached Ontario	7:05.00
3	338	Sekhon, Pritam	M79	Unattached Ontario	13:08.22
4	316	Perez, Jean-Louis	M78	Indépendant	6:19.10
5	356	Tucker, Ray	M75	Unattached Ontario	6:16.73
6	235	Friesen, Ken	M66	Tough Track	5:39.00
7	233	Freemantle, James	M64	Newmarket Huskie	6:20.00
8	317	Pinckard, Mark	M62	Ocean Athletics	4:50.88
9	232	Flett, Gordon	M62	Roadkill RC	6:11.59
10	231	Fiorini, Daniel	M60	Newmarket Huskie	5:10.00
11	363	Wallace, James	M60	Unattached Ontario	6:10.00
Section 2 of 4 Timed Finals					
1	292	McInerney, Mike	M56	Ottawa Lions	5:13.00
2	376	Zero, Nick	M56	Unattached Ontario	5:00.00
3	212	Cook, Jack	M55	Unattached Alberta	4:56.95
4	374	Xu, Jianping	M57	Dundas Valley TC	5:30.00
5	305	Moriarity, Dan	M54	Unattached Ontario	5:44.85
6	325	Rayner, Simon	M58	Uni. Toronto TC	4:40.00
7	367	Weber, Harvey	M57	Running Wild AC	5:05.00
8	280	Lemelin, Syl	M55	Edmonton Masters	4:56.14
9	241	Gobeil, Gilles	M51	Gatineau	5:02.16
10	247	Grossi, Danny	M52	Unattached Ontario	5:24.00
11	221	Doucet, Patrice	M50	Milpat Mauricie	4:20.00
12	318	Pingue, Anthony	M51	Unattached Ontario	5:45.00
13	359	Vautour, Christopher	M52	Unattached Ontario	5:30.00
Section 3 of 4 Timed Finals					
1	234	Frenette, Gilles	M46	Ottawa Lions	4:48.93
2	261	Jensen, Steven	M48	Newmarket Huskie	5:16.00
3	291	McGill, Robert	M46	Dundas Valley TC	4:40.14
4	197	Brecher, Jay	M49	Monarch AC	4:25.00
5	187	Bedley, Charles	M49	Uni. Toronto TC	4:22.00
6	174	Adachi, Shinsuke	M46	Unattached Ontario	4:30.12
7	279	Leef, Ryan	M49	Athletics Yukon	4:50.00
8	230	Felix, Paul	M48	Dundas Valley TC	4:40.00
Section 4 of 4 Timed Finals					
1	209	Coffin, John	M41	Tough Track	4:27.62
2	179	Aseltine, Ian	M41	London Western	4:25.45
3	331	Sanders, Joshua	M40	Unattached Ontario	4:24.00
4	264	Johnson, Mark	M41	Jamcan Int.	4:55.00
5	353	Thompson, Craig	M40	Uni. Toronto TC	4:45.77
6	190	Bianchi, Michael	M43	Dundas Valley TC	4:40.00
7	289	McAneney, Lucas	M36	Unattached Ontario	4:18.60
8	387	Shi, Sam	M30	Unattached Ontario	4:35.28
9	183	Auguste, Fritzlor	M32	Ottawa Lions	4:50.00

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Event 14 Men 3000 Meter Run Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 3 Timed Finals					
6	285	Mackie, Chris	M82	Unattached Ontario	15:15.00
7	207	Christensen, Verner	M82	Uni. Toronto TC	18:30.00
8	338	Sekhon, Pritam	M79	Unattached Ontario	32:09.41
9	188	Bedley, Michael	M75	Longboat RR	16:00.00
10	299	Mills, Frank	M73	Kawartha Lakes	13:31.00
Section 2 of 3 Timed Finals					
1	268	Kooymans, Jerry	M67	Toronto Olympic	10:51.19
2	229	Farr, Tony	M68	Uni. Toronto TC	13:30.00
3	235	Friesen, Ken	M66	Tough Track	12:30.00
4	227	Eley, Brian	M62	Longboat RR	12:30.00
5	232	Flett, Gordon	M62	Roadkill RC	13:08.69
6	231	Fiorini, Daniel	M60	Newmarket Huskie	10:35.00
7	325	Rayner, Simon	M58	Uni. Toronto TC	10:07.00
8	292	McInerney, Mike	M56	Ottawa Lions	11:20.00
9	376	Zero, Nick	M56	Unattached Ontario	11:35.00
Section 3 of 3 Timed Finals					
1	305	Moriarity, Dan	M54	Unattached Ontario	12:22.00
2	248	Hackshaw, Derek	M53	Newmarket Huskie	10:02.98
3	247	Grossi, Danny	M52	Unattached Ontario	10:58.00
4	241	Gobeil, Gilles	M51	Gatineau	10:30.00
5	187	Bedley, Charles	M49	Uni. Toronto TC	9:25.00
6	279	Leef, Ryan	M49	Athletics Yukon	10:15.04
7	230	Felix, Paul	M48	Dundas Valley TC	10:10.59
8	174	Adachi, Shinsuke	M46	Unattached Ontario	9:50.13
9	190	Bianchi, Michael	M43	Dundas Valley TC	10:08.33
10	331	Sanders, Joshua	M40	Unattached Ontario	9:30.00
11	223	Duggan, Bob	M36	United States	9:54.00
12	387	Shi, Sam	M30	Unattached Ontario	9:55.72
13	343	Sneddon, Jay	M30	Ottawa Lions	9:35.56

Event 16 Men 50 Meter Hurdles Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
1	239	Gee, Arthur	M79	Greyhounds	14.08
2	193	Bogatek, Steve	M73	Unattached Ontario	9.00
3	270	Lachance, Bernard	M72	Saint-Jean Olym.	11.07
5	274	Lawrence, Dale	M65	Unattached SK	11.50
6	252	Hazen, Ward	M68	Laurel Creek	9.00
7	208	Cilevitz, Ralph	M68	Jamcan Int.	12.00
Section 2 of 2 Timed Finals					
1	219	Dechellis, Matthew	M54	Unattached Ontario	10.80
2	275	Le Mouël, Yannick	M55	Saint-Jean Olym.	7.10
3	198	Brown, Geoff	M51	Unattached Ontario	10.40
5	382	Hinton, Jackson	M41	Edmonton Int. TC	7.20
7	214	Courteau, Ambroise	M64	Vainqueurs Plus	9.00
8	185	Baldamus, Steve	M62	Unattached Ontario	12.37

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Event 18 Men 60 Meter Hurdles Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 3 Timed Finals					
2	270	Lachance, Bernard	M72	Saint-Jean Olym.	13.34
3	193	Bogatek, Steve	M73	Unattached Ontario	11.00
5	208	Cilevitz, Ralph	M68	Jamcan Int.	13.00
6	252	Hazen, Ward	M68	Laurel Creek	9.93
7	274	Lawrence, Dale	M65	Unattached SK	12.37
8	185	Baldamus, Steve	M62	Unattached Ontario	14.58
Section 2 of 3 Timed Finals					
3	331	Sanders, Joshua	M40	Unattached Ontario	12.55
4	350	Taggart, Simon	M36	Uni. Toronto TC	8.42
5	206	Cheng, Sam	M48	Unattached Ontario	10.00
Section 3 of 3 Timed Finals					
2	198	Brown, Geoff	M51	Unattached Ontario	11.30
3	173	Abrassart, Christophe	M51	Vainqueurs Plus	11.06
4	275	Le Mouël, Yannick	M55	Saint-Jean Olym.	8.91
5	256	Hui, Tit (jonathan)	M52	Jamcan Int.	10.00
6	219	Dechellis, Matthew	M54	Unattached Ontario	11.30

Event 24 Men High Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 2 Finals					
1	239	Gee, Arthur	M79	Greyhounds	1.05m
2	337	Seitz, Stan	M75	Ottawa Lions	1.20m
3	193	Bogatek, Steve	M73	Unattached Ontario	1.30m
4	194	Bonenberg, Robert	M73	Rive-Sud	1.05m
5	332	Sandhar, Balvinder	M70	Unattached Ontario	1.00m
6	252	Hazen, Ward	M68	Laurel Creek	1.25m
7	208	Cilevitz, Ralph	M68	Jamcan Int.	1.20m
8	336	Schweiger, Christian	M67	Lasalle Athletics	1.30m
9	282	Liu, Edwin	M66	Greyhounds	1.25m
10	274	Lawrence, Dale	M65	Unattached SK	1.35m
Flight 2 of 2 Finals					
1	214	Courteau, Ambroise	M64	Vainqueurs Plus	1.40m
2	222	Dufourneau, Alain	M62	Vainqueurs Plus	1.30m
3	328	Ritchie, Donald	M61	Unattached Ontario	1.30m
4	320	Pontes, Jack	M51	Jamcan Int.	1.40m
5	257	Hundal, Jasbir	M49	Jamcan Int.	1.45m
6	334	Sara, Zoltan	M47	Brockville Legi.	1.80m
7	304	Morgan, Otis	M47	Jamcan Int.	1.50m
8	177	Armstrong, Andrew	M40	Thorold Elite	1.50m
9	311	Nishida, Raphael	M34	Unattached Ontario	1.30m

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Event 26 Men Pole Vault Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	375	Zahirovich, Mooshie	M59	West Island T.C.	2.40m
2	281	Leon Cannock, Francisco	M44	Vainqueurs Plus	4.10m
3	337	Seitz, Stan	M75	Ottawa Lions	2.25m
4	335	Schaber, Mark	M64	Unattached Ontario	2.80m
5	222	Dufourneau, Alain	M62	Vainqueurs Plus	2.45m
6	173	Abrassart, Christophe	M51	Vainqueurs Plus	3.80m
7	194	Bonenberg, Robert	M73	Rive-Sud	1.55m
8	175	Alley, Raymond	M66	Greyhounds	2.80m
9	251	Hayhoe, Jeff	M49	Unattached Ontario	3.80m
10	275	Le Mouël, Yannick	M55	Saint-Jean Olym.	3.90m
11	239	Gee, Arthur	M79	Greyhounds	1.20m
12	340	Simpson, Bruce	M72	Bolton Pole Vault	2.80m
13	214	Courteau, Ambroise	M64	Vainqueurs Plus	3.06m

Event 28 Men Long Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 2 Finals					
1	338	Sekhon, Pritam	M79	Unattached Ontario	0.87m
2	239	Gee, Arthur	M79	Greyhounds	2.86m
3	288	Mayer, Jean-Pierre	M75	Throwers Club	3.50m
4	194	Bonenberg, Robert	M73	Rive-Sud	3.00m
5	193	Bogatek, Steve	M73	Unattached Ontario	3.48m
6	252	Hazen, Ward	M68	Laurel Creek	4.30m
7	208	Cilevitz, Ralph	M68	Jamcan Int.	4.00m
8	175	Alley, Raymond	M66	Greyhounds	4.20m
9	282	Liu, Edwin	M66	Greyhounds	4.00m
10	216	Dalpe, André	M65	Kilomâitres	3.00m
11	273	Laughlin, Jack	M65	Unattached Alberta	4.00m
12	296	Midder, Robert	M65	United States	4.33m
13	274	Lawrence, Dale	M65	Unattached SK	4.15m
Flight 2 of 2 Finals					
1	226	Earl, Richard	M64	Unattached Ontario	4.05m
2	178	Arnfield, Spencer	M63	Jamcan Int.	3.75m
3	222	Dufourneau, Alain	M62	Vainqueurs Plus	3.90m
4	232	Flett, Gordon	M62	Roadkill RC	3.24m
5	360	Velautham, Ravindraraaj	M62	United Tamil SC	3.92m
6	293	McWhinney, Dennis	M61	Unattached Ontario	5.02m
7	218	Dawson, Paul	M60	Unattached Ontario	3.88m
8	321	Popescu, Cristian	M53	Saint-Jean Olym.	3.92m
9	256	Hui, Tit (jonathan)	M52	Jamcan Int.	5.03m
10	263	John, Nigel	M50	Jamcan Int.	6.32m
11	349	Swirsky, Brian	M50	Indépendant	4.57m
12	173	Abrassart, Christophe	M51	Vainqueurs Plus	4.80m
13	257	Hundal, Jasbir	M49	Jamcan Int.	5.00m
14	341	Singh, Gagandeep	M44	Unattached Ontario	5.00m
15	357	Uda, Thomas	M44	Uni. Toronto TC	4.71m
16	352	Tekwa, Eden	M40	Uni. Toronto TC	4.83m
17	388	Young, Arren	M31	Phoenix AA	6.87m

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Event 30 Men Triple Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 2 Finals					
1	338	Sekhon, Pritam	M79	Unattached Ontario	2.12m
2	239	Gee, Arthur	M79	Greyhounds	6.01m
3	288	Mayer, Jean-Pierre	M75	Throwers Club	8.00m
4	193	Bogatek, Steve	M73	Unattached Ontario	7.00m
5	332	Sandhar, Balvinder	M70	Unattached Ontario	5.00m
6	342	Sinnathurai, Thevarajan	M69	United Tamil SC	10.10m
7	208	Cilevitz, Ralph	M68	Jamcan Int.	7.50m
8	252	Hazen, Ward	M68	Laurel Creek	8.00m
9	175	Alley, Raymond	M66	Greyhounds	8.00m
10	282	Liu, Edwin	M66	Greyhounds	9.00m
11	273	Laughlin, Jack	M65	Unattached Alberta	8.70m
12	274	Lawrence, Dale	M65	Unattached SK	8.60m

Flight 2 of 2 Finals

1	226	Earl, Richard	M64	Unattached Ontario	6.90m
2	222	Dufourneau, Alain	M62	Vainqueurs Plus	2.02m
3	185	Baldamus, Steve	M62	Unattached Ontario	6.77m
4	384	Nasato, Robert	M62	Jamcan Int.	8.50m
5	215	Crawford, Todd	M58	Quinte Legion	10.80m
6	376	Zero, Nick	M56	Unattached Ontario	9.50m
7	309	Munro, Lenroy	M52	Unattached Ontario	11.00m
8	349	Swirsky, Brian	M50	Indépendant	9.36m
9	257	Hundal, Jasbir	M49	Jamcan Int.	10.00m
10	206	Cheng, Sam	M48	Unattached Ontario	9.32m
11	334	Sara, Zoltan	M47	Brockville Legi.	11.00m
12	341	Singh, Gagandeep	M44	Unattached Ontario	10.50m
13	177	Armstrong, Andrew	M40	Thorold Elite	11.00m

Event 32 Men Shot Put Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 4 Finals					
1	370	Wolters, Clarence	M90	Unattached Ontario	4.50m
2	348	Sumner, James	M84	Unattached Ontario	7.19m
3	355	Toscano, Enrico	M82	Throwers Club	5.00m
4	239	Gee, Arthur	M79	Greyhounds	6.08m
5	338	Sekhon, Pritam	M79	Unattached Ontario	4.99m
6	265	Kasperski, John	M79	Throwers Club	9.76m
7	259	Jacobs, Moe	M78	Throwers Club	8.50m
8	288	Mayer, Jean-Pierre	M75	Throwers Club	11.50m

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Flight 2 of 4 Finals...(Event 32 Men Shot Put Masters)

2	194	Bonenberg, Robert	M73	Rive-Sud	8.50m
3	324	Pullen, Brock	M73	Unattached Ontario	9.00m
4	373	Wyroba, Jerzy	M73	Unattached Ontario	10.00m
5	255	Hessel, Patrick	M71	Unattached Alberta	10.05m
6	332	Sandhar, Balvinder	M70	Unattached Ontario	10.00m
7	252	Hazen, Ward	M68	Laurel Creek	9.00m
8	208	Cilevitz, Ralph	M68	Jamcan Int.	8.00m
9	336	Schweiger, Christian	M67	Lasalle Athletics	11.45m
10	310	Murray, Jerry	M65	Throwers Club	10.00m
11	274	Lawrence, Dale	M65	Unattached SK	10.50m
12	216	Dalpe, Andre	M65	Kilomaitres	8.00m

Flight 3 of 4 Finals

1	361	Virk, Sukhwinder	M64	Unattached Ontario	12.00m
2	232	Flett, Gordon	M62	Roadkill RC	7.79m
3	176	Anderson, Michael	M62	Throwers Club	9.58m
4	371	Wolters, Jake	M62	Throwers Club	10.91m
5	328	Ritchie, Donald	M61	Unattached Ontario	10.00m
6	215	Crawford, Todd	M58	Quinte Legion	10.78m
7	312	Nzambe-Busugu, Landry	M55	Lasalle Athletics	12.46m
8	200	Buhlman, James	M54	Unattached Ontario	11.00m
9	201	Bungay, Dwight	M53	Throwers Club	11.06m
10	327	Rigby, Timothy	M52	Unattached Ontario	9.75m
11	250	Harrower, Will	M51	Unattached BC	10.00m

Flight 4 of 4 Finals

1	257	Hundal, Jasbir	M49	Jamcan Int.	8.00m
2	364	Walls, Sam	M49	Unattached Ontario	12.19m
3	206	Cheng, Sam	M48	Unattached Ontario	7.12m
4	191	Bichaltzis, Sotirios	M42	Etobicoke Huskie	10.00m
5	177	Armstrong, Andrew	M40	Thorold Elite	11.79m
6	330	Sahota, Gurinder Pal	M40	Unattached Alberta	11.50m
7	286	Marenin, Roman	M39	United States	11.12m
8	199	Brown, Mellard	M38	Jamcan Int.	10.12m
9	224	Dumont, Mathieu	M35	Université Laval	10.85m
10	311	Nishida, Raphael	M34	Unattached Ontario	8.00m
11	242	Gopinath, Nakul	M34	Unattached BC	7.00m
12	196	Brathwaite, Eric	M31	Sisu Throws Club	16.61m

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Event 34 Men Weight Throw Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 2 Finals					
1	348	Sumner, James	M84	Unattached Ontario	7.86m
2	355	Toscano, Enrico	M82	Throwers Club	5.00m
3	265	Kasperski, John	M79	Throwers Club	10.66m
4	239	Gee, Arthur	M79	Greyhounds	7.20m
5	338	Sekhon, Pritam	M79	Unattached Ontario	5.31m
6	324	Pullen, Brock	M73	Unattached Ontario	10.00m
7	255	Hessel, Patrick	M71	Unattached Alberta	12.65m
8	332	Sandhar, Balvinder	M70	Unattached Ontario	10.00m
9	238	Garner, George	M70	Throwers Club	10.11m
10	208	Cilevitz, Ralph	M68	Jamcan Int.	9.50m
11	336	Schweiger, Christian	M67	Lasalle Athletics	9.96m
12	310	Murray, Jerry	M65	Throwers Club	10.00m
13	216	Dalpe, André	M65	Kilomaitres	10.91m
Flight 2 of 2 Finals					
1	185	Baldamus, Steve	M62	Unattached Ontario	8.01m
2	176	Anderson, Michael	M62	Throwers Club	10.81m
3	371	Wolters, Jake	M62	Throwers Club	15.30m
4	215	Crawford, Todd	M58	Quinte Legion	12.54m
5	312	Nzambe-Busugu, Landry	M55	Lasalle Athletics	13.46m
6	327	Rigby, Timothy	M52	Unattached Ontario	9.50m
7	320	Pontes, Jack	M51	Jamcan Int.	5.45m
8	250	Harrower, Will	M51	Unattached BC	9.00m
9	257	Hundal, Jasbir	M49	Jamcan Int.	9.00m
10	249	Harrison, Kevin	M49	Unattached Ontario	12.39m
11	191	Bichaltzis, Sotirios	M42	Etobicoke Huskie	12.11m
12	177	Armstrong, Andrew	M40	Thorold Elite	10.16m
13	330	Sahota, Gurinder Pal	M40	Unattached Alberta	14.03m
14	224	Dumont, Mathieu	M35	Université Laval	10.82m
15	242	Gopinath, Nakul	M34	Unattached BC	6.00m

Event 42 Indoor Pentathlon: #1 Men 60 Meter Hurdles Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 2 Timed Finals					
1	239	Gee, Arthur	M79	Greyhounds	NT
2	270	Lachance, Bernard	M72	Saint-Jean Olym.	NT
4	195	Bouchard, Philippe	M65	Epsilon	NT
5	358	Urch, Bruce	M68	Throwers Club	NT
6	282	Liu, Edwin	M66	Greyhounds	NT
7	185	Baldamus, Steve	M62	Unattached Ontario	NT
Section 2 of 2 Timed Finals					
2	375	Zahirovich, Mooshie	M59	West Island T.C.	NT
4	286	Marenin, Roman	M39	United States	NT
5	267	Kleindienst, Frédéric	M45	C. A. de Québec	NT

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Event 42 Indoor Pentathlon: #4 Men High Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	282	Liu, Edwin	M66	Greyhounds	NH
2	239	Gee, Arthur	M79	Greyhounds	NH
3	270	Lachance, Bernard	M72	Saint-Jean Olym.	NH
4	286	Marenin, Roman	M39	United States	NH
5	267	Kleindienst, Frédéric	M45	C. A. de Québec	NH
6	358	Urch, Bruce	M68	Throwers Club	NH
7	185	Baldamus, Steve	M62	Unattached Ontario	NH
8	195	Bouchard, Philippe	M65	Epsilon	NH
9	276	Lebrun, Remi	M68	Indépendant	NH
10	375	Zahirovich, Mooshie	M59	West Island T.C.	NH

Event 42 Indoor Pentathlon: #2 Men Long Jump Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	195	Bouchard, Philippe	M65	Epsilon	ND
2	358	Urch, Bruce	M68	Throwers Club	ND
3	375	Zahirovich, Mooshie	M59	West Island T.C.	ND
4	239	Gee, Arthur	M79	Greyhounds	ND
5	282	Liu, Edwin	M66	Greyhounds	ND
6	270	Lachance, Bernard	M72	Saint-Jean Olym.	ND
7	267	Kleindienst, Frédéric	M45	C. A. de Québec	ND
8	276	Lebrun, Remi	M68	Indépendant	ND
9	185	Baldamus, Steve	M62	Unattached Ontario	ND
10	286	Marenin, Roman	M39	United States	ND

Event 42 Indoor Pentathlon: #3 Men Shot Put Masters

Pos	Comp#	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals					
1	286	Marenin, Roman	M39	United States	ND
2	375	Zahirovich, Mooshie	M59	West Island T.C.	ND
3	185	Baldamus, Steve	M62	Unattached Ontario	ND
4	239	Gee, Arthur	M79	Greyhounds	ND
5	282	Liu, Edwin	M66	Greyhounds	ND
6	270	Lachance, Bernard	M72	Saint-Jean Olym.	ND
7	276	Lebrun, Remi	M68	Indépendant	ND
8	195	Bouchard, Philippe	M65	Epsilon	ND
9	267	Kleindienst, Frédéric	M45	C. A. de Québec	ND
10	358	Urch, Bruce	M68	Throwers Club	ND

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Event 20 Men 1500 Meter Race Walk Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	372	Wu, Lei	M51	Toronto RW	10:50.35
2	313	O Domhnaill, Brian	M45	Ontario Racewalk	6:39.00
3	374	Xu, Jianping	M57	Dundas Valley TC	7:44.29
4	347	Storms, John	M63	Athletics Yukon	8:18.81
5	331	Sanders, Joshua	M40	Unattached Ontario	8:30.00
6	351	Tarnawski, Janusz	M63	Toronto RW	8:38.67
7	237	Gardam, John	M66	Bytown Walkers	9:38.00
8	262	Jobin, Marcel	M81	Vainqueurs Plus	10:40.00
9	242	Gopinath, Nakul	M34	Unattached BC	15:00.00

Event 22 Men 3000 Meter Race Walk Masters

Lane	Comp#	Name	Age	Team	Seed Time
Section 1 of 1 Timed Finals					
1	313	O Domhnaill, Brian	M45	Ontario Racewalk	14:41.00
2	374	Xu, Jianping	M57	Dundas Valley TC	15:55.55
3	331	Sanders, Joshua	M40	Unattached Ontario	17:00.00
4	347	Storms, John	M63	Athletics Yukon	17:23.73
5	351	Tarnawski, Janusz	M63	Toronto RW	18:30.00
6	237	Gardam, John	M66	Bytown Walkers	20:22.00
7	262	Jobin, Marcel	M81	Vainqueurs Plus	23:30.00