



uOttawa 2009 Final Indoor Track Performance Lists

(Update as of March 16th, 2009)

55 Meters

uO Men's Record Tba

6.71	(sf31)	Ramon Monsour	(90)	Boston, MA	Feb. 14
6.81	(sf45)	Jeremy Batt	(89)	Boston, MA	Feb. 14
6.83	(sf52)	Tony Risling	(89)	Boston, MA	Feb. 14

uO Women's Record Tba

7.66	(sf38)	Christine Fraser	(87)	Boston, MA	Feb. 13
7.82	(sf52)	Barbara Remond	(88)	Boston, MA	Feb. 13

60 Meters

uO Men's Record	6.79	Michael Nicolini	1998
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OUA Qualifying 7.45

CIS Auto Qualifying 6.82

6.88	(1)	Michael Robertson	(89)	Hanover, NH	Jan. 11
6.90	(sf1)	Robertson		Hanover, NH	Jan. 11
6.97	(1)	Robertson		Ottawa	Dec. 13
6.97	(5)	Robertson		Ottawa	Dec. 20
6.97	(h1)	Robertson		Hanover	Jan.11
7.04	(h5)	Robertson		Ottawa	Dec. 20
7.03	(3)	Ramon Monsour	(90)	Ottawa	Jan. 17
7.04	(4)	Monsour		Ottawa	Feb. 7
7.05	(sf7)	Monsour		Montreal, QC	Jan. 31
7.07	(6)	Monsour		Ottawa	Dec. 20
7.07	(5)	Monsour		Hanover, NH	Jan. 11
7.07	(sf4)	Monsour		Ottawa	Feb. 7
7.08	(8)	Monsour		Montreal, QC	Jan. 30
7.11	(4)	Monsour		Ottawa	Jan. 24
7.13	(h8)	Monsour		Ottawa	Dec. 20
7.13	(sf8)	Monsour		Toronto, ON	Feb. 28
7.14	(h5)	Monsour		Ottawa	Jan. 24

7.15	(8)	Monsour		Toronto, ON	Feb. 28
7.17	(5)	Monsour		Ottawa	Dec. 13
7.17	(sf6)	Monsour		Hanover, NH	Jan. 11
7.17	(h10)	Monsour		Toronto, ON	Feb. 27
7.20	(h10)	Monsour		Hanover, NH	Jan. 11
7.09	(3)	Christian Desulme	(90)	Ottawa	Dec. 13
7.11	(10)	Desulme		Montreal, QC	Jan. 30
7.13	(h3)	Desulme		Ottawa	Jan. 24
7.14	(sf10)	Desulme		Montreal, QC	Jan. 30
7.15	(h9)	Desulme		Ottawa	Dec. 20
7.16	(5)	Desulme		Ottawa	Jan. 24
7.18	(9)	Desulme		Ottawa	Dec. 20
7.11	(4)	Antoine Despres-Bedward	(87)	Ottawa	Jan. 17
7.23	(h6)	Despres-Bedward		Hanover, NH	Jan. 11
7.23	(sf9)	Despres-Bedward		Hanover, NH	Jan. 11
7.26	(11)	Despres-Bedward		Ottawa	Feb. 7
7.30	(h10)	Despres-Bedward		Ottawa	Jan. 24
7.30	(sf12)	Despres-Bedward		Ottawa	Feb. 7
7.31	(9)	Despres-Bedward		Ottawa	Jan. 24
7.34	(9)	Despres-Bedward		Ottawa	Dec. 13
7.38	(h15)	Despres-Bedward		Ottawa	Dec. 20
7.43	(sf20)	Despres-Bedward		Montreal, QC	Feb. 21
7.16	(5)	Olivier Gauthier-Kwan	(89)	Ottawa	Jan. 17
7.19	(h11)	Gauthier-Kwan		Toronto, ON	Feb. 27
7.28	(sf12)	Gauthier-Kwan		Toronto, ON	Feb. 28
7.29	(8)	Gauthier-Kwan		Ottawa	Dec. 13
7.32	(h13)	Gauthier-Kwan		Ottawa	Dec. 20
7.16	(5)	Tony Risling	(89)	Ottawa	Jan. 24
7.19	(sf7)	Risling		Hanover, NH	Jan. 11
7.19	(6)	Risling		Ottawa	Jan. 17
7.20	(sf8)	Risling		Montreal, QC	Feb. 21
7.22	(7)	Risling		Hanover, NY	Jan. 11
7.25	(7)	Risling		Ottawa	Dec. 13
7.25	(sf18)	Risling		Montreal, QC	Jan. 30
7.27	(10)	Risling		Montreal, QC	Feb. 21
7.28	(h9)	Risling		Ottawa	Jan. 24
7.30	(h11)	Risling		Ottawa	Dec. 20
7.30	(h11)	Risling		Hanover, NH	Jan. 11
7.34	(11)	Risling		Ottawa	Dec. 20
7.26	(8)	Jeremy Batt	(89)	Ottawa	Jan. 17
7.23	(h13)	Batt		Toronto, ON	Feb. 27
7.28	(10)	Batt		Ottawa	Dec. 20
7.29	(13)	Batt		Montreal, QC	Feb. 21
7.30	(sf26)	Batt		Montreal, QC	Jan. 30
7.30	(sf13)	Batt		Toronto, ON	Feb. 28
7.31	(h12)	Batt		Ottawa	Dec. 20
7.34	(h16)	Batt		Hanover, NH	Jan. 11
7.35	(sf14)	Batt		Ottawa	Feb. 7
7.41	(sf14)	Batt		Hanover, NH	Jan. 11
7.43	(sf15)	Batt		Montreal, QC	Feb. 21
7.45	(10)	Tyler Fawcett	(88)	Ottawa	Dec. 13
7.45	(h13)	Fawcett		Ottawa	Jan. 24
7.66	(sf49)	Michael Weatherhead	(89)	Montreal, QC	Jan. 30
7.72	(h21)	Weatherhead		Ottawa	Jan. 24
7.76	(20)	Weatherhead		Ottawa	Dec. 20
7.76	(33)	Weatherhead		Hanover, NH	Jan. 11
7.79	(40)	Weatherhead		Montreal, QC	Feb. 21
7.72	(19)	Christopher Weatherhead	(89)	Ottawa	Dec. 20
7.75	(32)	Weatherhead		Hanover, NH	Jan. 11
7.74	(sf22)	Patrick Khalaf	(88)	Ottawa	Feb. 7

7.79	(18)	Khalaf		Ottawa	Jan. 17
7.82	(14)	Khalaf		Ottawa	Dec. 13
7.83	(sf53)	Khalaf		Montreal, QC	Jan. 30
7.86	(h26)	Khalaf		Ottawa	Jan. 24
7.90	(23)	Khalaf		Ottawa	Dec. 20
7.78	(sf39)	Richmond Appianing	(89)	Montreal, QC	Feb. 21
7.81	(h25)	Appianing		Ottawa	Jan. 24
7.88	(22)	Appianing		Ottawa	Dec. 20
7.81	(13)	Patrick Arbour	(88)	Ottawa	Dec. 13
7.84	(sf43)	Kyle Rich	(89)	Montreal, QC	Feb. 21
7.91	(sf25)	Rich		Ottawa	Feb. 7
7.94	(h27)	Rich		Ottawa	Jan. 24
7.87	(29)	Mark Farnsworth	(88)	Ottawa	Jan. 17
8.03	(h30)	Farnsworth		Ottawa	Jan. 24
8.05	(sf26)	Farnsworth		Ottawa	Feb. 7
8.10	(sf55)	Farnsworth		Montreal, QC	Jan. 30
8.15	(20)	Farnsworth		Ottawa	Dec. 13
7.97	(21)	David Poirier	(88)	Ottawa	Jan. 17
8.09	(18)	Poirier		Ottawa	Dec. 13
8.12	(sf56)	Poirier		Montreal, QC	Jan. 30
8.15	(27)	Poirier		Ottawa	Dec. 20
8.21	(h33)	Poirier		Ottawa	Jan. 24

uO Women's Record **7.61** **Christiane Lela** **2009**

OUA Qualifying 8.35
CIS Auto Qualifying 7.69

7.61	(5)	Christiane Lela	(88)	Windsor, ON	Mar. 12
7.66	(1)	Lela		Ottawa	Jan. 24
7.67	(sf2)	Lela		Windsor, ON	Mar. 12
7.70	(2)	Lela		Montreal, QC	Jan. 30
7.70	(3)	Lela		Toronto, ON	Feb. 28
7.75	(h3)	Lela		Toronto, ON	Feb. 27
7.76	(h2)	Lela		Ottawa	Jan. 24
7.77	(sf3)	Lela		Toronto, ON	Feb. 28
7.78	(sf3)	Lela		Montreal, QC	Jan. 30
7.86	(5)	Lela		Montreal, QC	Feb. 21
7.87	(sf5)	Lela		Montreal, QC	Feb. 21
7.89	(3)	Lela		Hanover, NH	Jan. 11
7.92	(sf3)	Lela		Hanover, NH	Jan. 11
8.00	(h3)	Lela		Hanover, NH	Jan. 11
8.04	(22)	Christine Fraser	(87)	Ottawa	Jan. 17
8.13	(5)	Fraser		Ottawa	Feb. 7
8.14	(sf5)	Fraser		Ottawa	Feb. 7
8.17	(8)	Fraser		Ottawa	Jan. 24
8.19	(h8)	Fraser		Ottawa	Jan. 24
8.22	(2)	Fraser		Ottawa	Dec. 20
8.26	(sf31)	Fraser		Montreal, QC	Jan. 30
8.30	(h29)	Fraser		Ottawa	Dec. 20
8.34	(3)	Fraser		Ottawa	Dec. 13
8.43	(h25)	Fraser		Hanover, NH	Jan. 11
8.17	(28)	Barbara Remond	(88)	Ottawa	Jan. 17
8.33	(h16)	Remond		Toronto, ON	Feb. 27
8.39	(sf31)	Remond		Montreal, QC	Jan. 30
8.40	(4)	Remond		Ottawa	Dec. 13
8.47	(h36)	Remond		Ottawa	Dec. 20
8.49	(sf10)	Remond		Ottawa	Feb. 7
8.54	(h29)	Remond		Hanover, NH	Jan. 11
8.56	(10)	Remond		Ottawa	Feb. 7

8.21	(sf19)	Julia Tousaw	(89)	Montreal, QC	Jan. 30
8.37	(6)	Emilie Halle	(90)	Ottawa	Dec. 20
8.41	(h34)	Halle		Ottawa	Dec. 20
8.62	(5)	Michelle Maw	(90)	Ottawa	Dec. 13
8.73	(h14)	Maw		Ottawa	Jan. 24
8.67	(6)	Sacha Simpson	(87)	Ottawa	Dec. 13
8.72	(11)	Simpson		Ottawa	Feb. 7
8.73	(34)	Simpson		Ottawa	Jan. 17
8.74	(sf12)	Simpson		Ottawa	Feb. 7
8.79	(h16)	Simpson		Ottawa	Jan. 24
8.87	(sf32)	Simpson		Montreal, QC	Feb. 21
8.73	(h37)	Kylie Rains	(88)	Hanover, NH	Jan. 11
8.74	(sf44)	Rains		Montreal, QC	Jan. 30
8.78	(sf14)	Rains		Ottawa	Feb. 7
8.80	(35)	Rains		Ottawa	Jan. 17
8.83	(h18)	Rains		Ottawa	Jan. 24
8.88	(8)	Rains		Ottawa	Dec. 13
8.87	(h43)	Nadine Johnson	(88)	Ottawa	Dec. 20
8.88	(37)	Emily Coleman	(88)	Ottawa	Jan. 17
8.90	(h20)	Coleman		Ottawa	Jan. 24
8.91	(sf45)	Coleman		Montreal, QC	Jan. 30
9.02	(sf16)	Coleman		Ottawa	Feb. 7
8.96	(h21)	Wendy Zhang	(90)	Ottawa	Jan. 24
8.97	(sf15)	Zhang		Ottawa	Feb. 7
9.04	(sf46)	Zhang		Montreal, QC	Jan. 30
9.18	(h50)	Zhang		Ottawa	Dec. 20
9.39	(40)	Tamarrah Moore	(90)	Ottawa	Jan. 17
9.53	(11)	Moore		Ottawa	Dec. 13
9.59	(h47)	Moore		Hanover, NH	Jan. 11
9.59	(sf17)	Moore		Ottawa	Feb. 7

55m Hurdles

uO Men's Record Tba

7.77	(sf4)	Tyler Fawcett	(88)	Boston, MA	Feb. 14
7.78	(4)	Fawcett		Boston, MA	Feb. 14

uO Women's Record Tba

8.83	(sf22)	Emilie Halle	(90)	Boston, MA	Feb. 13
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60m Hurdles

uO Men's Record 8.21 Tyler Fawcett 2009

OUA Qualifying	9.04
CIS Auto Qualifying	8.34

8.21	(2)	Tyler Fawcett	(88)	Windsor, ON	Mar. 13
8.32	(1)	Fawcett		Ottawa	Jan. 17
8.32	(sf1)	Fawcett		Montreal, QC	Jan. 30
8.32	(3)	Fawcett		Toronto, ON	Feb. 28
8.33	(3)	Fawcett		Montreal, QC	Jan. 30
8.37	(4)	Fawcett		Windsor, ON	
8.40	(2)	Fawcett		Ottawa	Dec. 13
8.41	(h1)	Fawcett		Ottawa	Jan. 24
8.42	(3)	Fawcett		Ottawa	Feb. 7
8.43	(1)	Fawcett		Ottawa	Jan. 24
8.43	(sf4)	Fawcett		Toronto, ON	Feb. 28
8.46	(2)	Fawcett		Ottawa	Dec. 20
8.46	(sf2)	Fawcett		Ottawa	Feb. 7
8.58	(3)	Fawcett		Ottawa	Jan. 17
8.75	(sf11)	Olivier Gauthier-Kwan	(89)	Toronto, ON	Feb. 28
8.81	(3)	Gauthier-Kwan		Ottawa, ON	March 7
8.92	(4)	Gauthier-Kwan		Montreal, QC	Feb. 21
9.01	(sf9)	Gauthier-Kwan		Montreal, QC	Jan. 31
9.05	(sf6)	Gauthier-Kwan		Ottawa	Feb. 7
9.11	(5)	Gauthier-Kwan		Ottawa	Feb. 7
9.08	(h12)	Antoine Despres-Bedward	(87)	Hanover, NH	Jan. 11
9.43	(sf8)	Despres-Bedward		Ottawa	Feb. 7
9.53	(2)	Despres-Bedward		Ottawa	Jan. 24
9.56	(h7)	Despres-Bedward		Ottawa	Jan. 24
9.54	(6)	Patrick Arbour	(88)	Montreal, QC	Feb. 21
9.55	(pent)	Arbour		Montreal, QC	Jan. 31
9.57	(sf12)	Arbour		Montreal, QC	Jan. 30
9.65	(h8)	Arbour		Ottawa	Jan. 24
9.68	(4)	Arbour		Ottawa	Jan. 17
9.90	(sf9)	Arbour		Ottawa	Feb. 7
9.93	(3)	Arbour		Ottawa	Jan. 24
10.09	(13)	Arbour		Ottawa	Jan. 17
10.61	(15)	Christopher Weatherhead	(89)	Ottawa	Jan. 17
10.62	(7)	Weatherhead		Montreal, QC	Feb. 21
10.95	(89)	Weatherhead		Ottawa	Jan. 24
11.24	(h19)	Weatherhead		Hanover, NH	Jan. 11
11.50	(h5)	Weatherhead		Ottawa	Jan. 24

uO Women's Record
8.64
Leanne Wall
1994

 OUA Qualifying 9.56
 CIS Auto Qualifying 8.81

9.39	(sf3)	Emilie Halle	(90)	Ottawa	Feb. 7
9.57	(sf7)	Halle		Montreal, QC	Jan. 30
9.59	(5)	Halle		Hanover, NH	Jan. 11
9.59	(6)	Halle		Montreal, QC	Jan. 30
9.61	(10)	Halle		Ottawa	Jan. 17
9.67	(h7)	Halle		Hanover, NH	Jan. 11
9.67	(6)	Halle		Ottawa	Feb. 7
9.68	(sf7)	Halle		Hanover, NH	Jan. 11
9.49	(6)	Christiane Lela	(88)	Montreal, QC	Feb. 21
9.55	(5)	Lela		Ottawa	Feb. 7
9.64	(sf6)	Lela		Ottawa	Feb. 7
9.74	(sf9)	Lela		Montreal, QC	Jan. 30
9.81	(sf7)	Lela		Montreal, QC	Feb. 21
9.97	(h3)	Lela		Ottawa	Jan. 24
9.99	(4)	Lela		Ottawa	Jan. 11
9.99	(3)	Lela		Ottawa	Jan. 24
10.14	(H15)	Lela		Hanover, NH	Jan. 11

11.60	(sf14)	Lela		Hanover, NH	Jan. 11
10.32	(14)	Julia Tousaw	(89)	Ottawa	Jan. 17

100 Meters

uO Men's Record	11.15	Ramon Monsour	2009
OUA Qualifying	X		
CIS Auto Qualifying	X		

11.15	(1)	Ramon Monsour	(90)	Ottawa	March 7
11.23	(h1)	Monsour		Ottawa	March 7
11.33	(3)	Olivier Gauthier-Kwan	(89)	Ottawa	March 7
11.44	(h2)	Gauthier-Kwan		Ottawa	March 7
12.40	(h13)	Patrick Khalaf	(88)	Ottawa	March 7
12.60	(h15)	David Auguste	(90)	Ottawa	March 7
12.77	(h18)	Kyle Rich	(89)	Ottawa	March 7

uO Women's Record	12.35	Christiane Lela	March 7
OUA Qualifying	X		
CIS Auto Qualifying	X		

12.35	(1)	Christiane Lela	(88)	Ottawa	March 7
12.44	(h1)	Lela		Ottawa	March 7
13.21	(h4)	Barbara Remond	(88)	Ottawa	March 7
13.36	(5)	Remond		Ottawa	March 7
13.77	(h9)	Reba Timbrell	(90)	Ottawa	March 7
13.78	(6)	Timbrell		Ottawa	March 7
13.85	(h11)	Sacha Simpson	(87)	Ottawa	March 7
14.46	(h16)	Wendy Zhang	(90)	Ottawa	March 7
14.93	(h17)	Tamarrah Moore	(90)	Ottawa	March 7

150 Meters

uO Men's Record	Dome Track 15.91	Michael Robertson	2008
OUA Qualifying	X		
CIS Auto Qualifying	X		

15.91	(1)	Michael Robertson	(89)	Ottawa	Dec. 20
16.42	(6)	Ramon Monsour	(90)	Ottawa	Dec. 20
16.70	(7)	Christian Desulme	(90)	Ottawa	Dec. 20
16.97	(8)	Jeremy Batt	(89)	Ottawa	Dec. 20
17.14	(1)	Olivier Gauthier-Kwan	(89)	Ottawa	Dec. 13
17.42	(3)	Tony Risling	(89)	Ottawa	Dec. 13
17.43	(10)	Risling		Ottawa	Dec. 20
17.43	(4)	Antoine Despres-Bedward	(87)	Ottawa	Dec. 13
17.58	(12)	Despres-Bedward		Ottawa	Dec. 20
18.25	(16)	Chris Weatherhead	(89)	Ottawa	Dec. 20
18.44	(7)	Patrick Khalaf	(88)	Ottawa	Dec. 13
18.56	(19)	Khalaf		Ottawa	Dec. 20

18.44	(17)	Patrick Arbour	(88)	Ottawa	Dec. 20
18.87	(21)	Mark Farnsworth	(88)	Ottawa	Dec. 20
19.08	(14)	Farnsworth	(88)	Ottawa	Dec. 13
19.03	(23)	Richmond Appianig	(89)	Ottawa	Dec. 20
19.21	(15)	David Poirier	(88)	Ottawa	Dec. 13
19.54	(29)	David Auguste	(90)	Ottawa	Dec. 20

uO Women's Record	Dome Track	18.88	Christiane Lela	2007
OUA Qualifying	X			
CIS Auto Qualifying	X			

19.76	(31)	Emilie Halle	(90)	Ottawa	Dec. 20
20.22	(36)	Christine Fraser	(87)	Ottawa	Dec. 20
20.51	(7)	Fraser		Ottawa	Dec. 13
20.23	(5)	Barbara Remond	(88)	Ottawa	Dec. 13
20.43	(37)	Remond		Ottawa	Dec. 20
20.79	(39)	Reba Timbrell	(90)	Ottawa	Dec. 20
20.90	(9)	Sacha Simpson	(87)	Ottawa	Dec. 13
21.02	(10)	Michelle Maw	(90)	Ottawa	Dec. 13
21.12	(44)	Nadine Johnson	(88)	Ottawa	Dec. 20
21.28	(12)	Emily Coleman	(88)	Ottawa	Dec. 13
21.29	(13)	Kylie Rains	(88)	Ottawa	Dec. 13
22.67	(58)	Wendy Zhang	(90)	Ottawa	Dec. 20
23.09	(20)	Tamarrah Moore	(90)	Ottawa	Dec. 13

200 Meters

uO Men's Records	200m Track	21.68	Michael Robertson	2009
	Dome Track	22.11	Michael Robertson	2008
OUA Qualifying	X			
CIS Auto Qualifying	21.57 / 21.27	(200m Track / Dome Track)		

21.68	(3)	Michael Robertson	(89)	Boston, MA	Feb. 14
22.17	(17)	Ramon Monsor	(90)	Boston, MA	Feb. 14
22.67	(1)	Monsour		Ottawa	March 7
23.02	(72)	Jeremy Batt	(89)	Boston, MA	Feb. 14
23.54	(5)	Antoine Despres-Bedward	(87)	Ottawa	Jan. 17
23.64	(101)	Tony Risling	(89)	Boston, MA	Feb. 14
25.02	(14)	Patrick Khalaf	(88)	Ottawa	Jan. 17
25.24	(9)	Khalaf		Ottawa	March 7
26.14	(20)	David Poirier	(88)	Ottawa	Jan. 17

uO Women's Records	200m Track	24.86	Christiane Lela	2008
	Dome Track	25.68	Christiane Lela	2008
OUA Qualifying	X			
CIS Auto Qualifying	24.86 / 24.72	(200m Track / Dome Track)		

27.14	(86)	Barbara Remond	(88)	Boston, MA	Feb. 14
27.68	(29)	Remond		Ottawa	Jan. 17
29.56	(35)	Remond		Ottawa	March 7
28.88	(43)	Sacha Simpson	(87)	Ottawa	Jan. 17
28.93	(31)	Simpson		Ottawa	March 7
28.94	(44)	Kylie Rains	(88)	Ottawa	Jan. 17
31.51	(41)	Tamarrah Moore	(90)	Ottawa	March 7
31.54	(55)	Moore		Ottawa	Jan. 17

300 Meters

uO Men's Records	200m Track	34.20	Michael Robertson	2008
	Dome Track	33.21	Michael Robertson	2009

OUA Qualifying	37.83 / 37.40
CIS Auto Qualifying	34.55 / 34.12

33.21	(1)	Michael Robertson	(89)	Ottawa	Jan. 17
34.66	(2)	Robertson		Toronto, ON	Feb. 28
34.10	(2)	Ramon Monsour	(90)	Ottawa	Jan. 17
34.48	(1_)	Monsour		Ottawa	Feb. 7
34.87	(2)	Monsour		Montreal, QC	Jan. 31
35.49	(2)	Monsour		Ottawa	Dec. 13
36.07	(6)	Monsour		Toronto, ON	Feb. 28
36.12	(10)	Monsour		Windsor, ON	Mar. 13
35.00	(3)	Brian Cummings	(86)	Ottawa	Jan. 17
36.46	(11)	Cummings		Toronto, ON	Feb. 28
35.82	(3)	Christian Desulme	(90)	Ottawa	Dec. 13
35.92	(4)	Desulme		Ottawa	Jan. 24
35.82	(4)	Jeremy Batt	(89)	Ottawa	Jan. 17
36.26	(12)	Batt		Ottawa	Feb. 7
36.52	(18)	Batt		Montreal, QC	Jan. 31
36.58	(9)	Batt		Montreal, QC	Feb. 21
35.86	(5)	Tyler Fawcett	(88)	Ottawa	Jan. 17
36.03	(13)	Fawcett		Montreal, QC	Jan. 31
36.05	(5)	Fawcett		Ottawa	Dec. 13
36.40	(17)	Olivier Gauthier-Kwan	(89)	Montreal, QC	Jan. 31
36.42	(8)	Gauthier-Kwan		Montreal, QC	Feb. 21
36.52	(6)	Gauthier-Kwan		Ottawa	Jan. 17
36.87	(13)	Gauthier-Kwan		Ottawa	Jan. 24
37.47	(18)	Tony Risling	(89)	Ottawa	Jan. 17
37.68	(7)	Risling		Ottawa	Jan. 24
38.51	(41)	Risling		Montreal, QC	Jan. 31
38.52	(24)	Patrick Khalaf	(88)	Ottawa	Jan. 24
39.01	(11)	Khalaf		Ottawa	Dec. 13
40.09	(53)	Khalaf		Montreal, QC	Jan. 31
38.96	(47)	Michael Weatherhead	(89)	Montreal, QC	Jan. 31
39.17	(26)	Patrick Arbour	(88)	Ottawa	Jan. 24
39.90	(9)	Mark Farnsworth	(88)	Ottawa	Jan. 17
40.28	(55)	Farnsworth		Montreal, QC	Jan. 31
40.88	(20)	Richmond Appianing	(89)	Montreal, QC	Feb. 21
41.77	(39)	Appianing		Ottawa	Jan. 24
40.96	(17)	Jason Desjardins	(87)	Ottawa	Dec. 13
41.35	(37)	Kyle Rich	(89)	Ottawa	Jan. 24
42.49	(26)	Rich		Ottawa	Feb. 7

41.89	(23)	Rich		Montreal, QC	Feb. 21
42.02	(22)	Jeff Hoskins	(86)	Ottawa	Dec. 13

uO Women's Records	200m Track	39.29		Christiane Lela	2008
	Dome Track	39.93		Christiane Lela	2008

OUA Qualifying	43.75 / 43.52
CIS Auto Qualifying	39.53 / 39.30

39.49	(2)	Christiane Lela	(88)	Toronto, ON	Feb. 28
39.71	(2)	Lela		Montreal, QC	Feb. 21
39.96	(2)	Lela		Ottawa	Feb. 7
40.05	(1)	Lela		Montreal, QC	Jan. 31
40.27	(sf6)	Lela		Windsor, ON	Mar. 13
40.45	(2)	Lela		Ottawa	Jan. 17
41.49	(6)	Lela		Windsor, ON	Mar. 13
39.60	(1)	Julia Tousaw	(89)	Montreal, QC	Feb. 21
39.91	(3)	Tousaw		Toronto, ON	Feb. 28
40.08	(1)	Tousaw		Ottawa	Jan. 17
40.22	(3)	Tousaw		Ottawa	Feb. 7
41.22	(3)	Emilie Halle	(90)	Ottawa	Jan. 17
43.16	(6)	Christine Fraser	(87)	Ottawa	Feb. 7
43.73	(4)	Fraser		Ottawa	Jan. 17
44.29	(29)	Fraser		Montreal, QC	Jan. 31
45.02	(7)	Reba Timbrell	(90)	Ottawa	Dec. 13
45.32	(9)	Kylie Rains	(88)	Ottawa	Feb. 7
45.91	(44)	Rains		Montreal, QC	Jan. 31
46.03	(50)	Sacha Simpson	(87)	Ottawa	Jan. 24
46.89	(11)	Simpson		Ottawa	Feb. 7
47.22	(31)	Simpson		Montreal, QC	Feb. 21
46.57	(11)	Emily Coleman	(88)	Ottawa	Dec. 13
46.88	(53)	Coleman		Ottawa	Jan. 24
47.05	(47)	Coleman		Montreal, QC	Jan. 31
47.32	(6)	Coleman		Ottawa	Jan. 17
49.30	(62)	Michelle Maw	(90)	Ottawa	Jan. 24
50.16	(13)	Laura Pathak	(89)	Ottawa	Dec. 13
50.81	(51)	Wendy Zhang	(90)	Montreal, QC	Jan. 31
51.46	(13)	Tamarrah Moore	(90)	Ottawa	Feb. 7
52.83	(16)	Feyisayo Oni	(90)	Ottawa	Dec. 13

400 Meters

uO Men's Records	200m Track	47.49		Michael Robertson	2009
	Dome Track	48.36		Brian Cummings	2008

OUA Qualifying	X
CIS Auto Qualifying	48.13 / 47.53

47.49	(1)	Michael Robertson	(89)	Boston, MA	Feb. 14
48.91	(1)	Robertson		Hanover, NH	Jan. 11
49.71	(33)	Brian Cummings	(86)	Boston, MA	Feb. 14
50.40	(4)	Cummings		Hanover, NH	Jan. 11
50.50	(3)	Jack Ohlsen	(88)	Ottawa	March 7

51.87	(7)	Ohlsen		Ottawa	Dec. 20
51.92	(5)	Olivier Gauthier-Kwan	(89)	Ottawa	March 7
52.42	(8)	Gauthier-Kwan		Ottawa	Dec. 20
52.82	(15)	Gauthier-Kwan		Hanover	Jan. 11
52.21	(9)	Kevin Brennan	(87)	Ottawa	March 7
52.98	(10)	Brennan		Ottawa	Jan. 17
52.56	(128)	Jeremy Batt	(89)	Boston, MA	Feb. 14
52.93	(10)	Andrew Harrietha	(88)	Ottawa	March 7
53.03	(11)	Marc Philippe Taillon	(87)	Ottawa	Jan. 17
54.39	(11)	Patrick Khalaf	(88)	Ottawa	Dec. 20
57.00	(22)	Patrick Arbour	(88)	Ottawa	Jan. 17
57.48	(24)	Luc Mahler	(87)	Ottawa	Jan. 17
57.84	(33)	Tony Risling	(89)	Hanover, NH	Jan. 11

uO Women's Records	200m Track	56.79	Christiane Lela	2008
	Dome Track	61.96	Jennie Biewald	2009

OUA Qualifying X
CIS Auto Qualifying 56.24 / 55.91

57.17	(11)	Emilie Halle	(90)	Boston, MA	Feb. 13
1:01.47	(76)	Christine Fraser	(87)	Boston, MA	Feb. 13
1:01.96	(26)	Jennie Biewald	(88)	Ottawa	March 7
1:04.46	(33)	Reba Timbrell	(90)	Ottawa	March 7
1:05.68	(35)	Timbrell		Ottawa	Dec. 20
1:07.88	(24)	Timbrell		Hanover, NH	Jan. 11
1:07.64	(44)	Laura Pathak	(89)	Ottawa	Jan. 17
1:08.83	(26)	Emily Coleman	(88)	Hanover, NH	Jan. 11
1:11.36	(52)	Feyisayo Oni	(90)	Ottawa	Jan. 17
1:13.13	(45)	Francis Lindsay	(79)	Ottawa	Dec. 20

600 Meters

uO Men's Records	200m Track	1:19.43	Brian Cummings	2008
	Dome Track	1:18.45	Michael Robertson	2008

OUA Qualifying 1:25.66 / 1:24.71
CIS Auto Qualifying 1:19.92 / 1:18.97

1:18.45	(1)	Michael Robertson	(89)	Ottawa	Dec. 13
1:18.92	(1)	Robertson		Ottawa	Jan. 24
1:19.66	(1)	Robertson		Montreal, QC	Jan. 31
1:19.88	(1)	Robertson		Toronto, ON	Feb. 28
1:22.86	(9)	Robertson		Windsor, ON	Mar. 12
1:21.04	(4)	Brian Cummings	(86)	Ottawa	Jan. 24
1:22.20	(8)	Cummings		Toronto, ON	Feb. 28
1:23.23	(9)	Cummings		Montreal, QC	Jan. 31
1:23.27	(3)	Jack Ohlsen	(88)	Montreal, QC	Feb. 21
1:24.02	(3)	Ohlsen		Ottawa	Feb. 7
1:24.29	(14)	Ohlsen		Montreal, QC	Jan. 31
1:24.67	(11)	Ohlsen		Toronto, ON	Feb. 28
1:24.37	(5)	Marc-Philippe Taillon	(87)	Montreal, QC	Feb. 21

1:27.38	(6)	Taillon		Ottawa	Feb. 7
1:27.74	(40)	Taillon		Montreal, QC	Jan. 31
1:26.23	(33)	Andrew Harrietha	(88)	Montreal, QC	Jan. 31

uO Women's Record	200m Track	1:31.03	Julia Tousaw	2009
	Dome Track	1:32.10	Julia Tousaw	2008

OUA Qualifying 1:41.16 / 1:40.65
CIS Auto Qualifying 1:33.84 / 1:33.33

1:31.03	(1)	Julia Tousaw	(89)	Toronto, ON	Feb. 28
1:31.23	(1)	Tousaw		Windsor, ON	Mar. 14
1:32.32	(sf1)	Tousaw		Windsor, ON	Mar. 12
1:32.83	(2)	Tousaw		Montreal, QC	Jan. 31
1:33.15	(16)	Tousaw		Ottawa	Jan. 24
1:34.91	(2)	Emilie Halle	(90)	Ottawa	Nov. 22
1:35.48	(19)	Halle		Ottawa	Jan. 24
1:35.69	(2)	Halle		Montreal, QC	Feb. 21
1:36.29	(9)	Halle		Toronto, ON	Feb. 28
1:36.82	(1)	Halle		Ottawa	Feb. 7
1:37.28	(8)	Halle		Montreal, QC	Jan. 31
1:44.82	(10)	Reba Timbrell	(90)	Montreal, QC	Feb. 21
1:48.37	(29)	Timbrell		Montreal, QC	Jan. 31
1:49.32	(2)	Timbrell		Ottawa	Dec. 13
1:49.32	(29)	Timbrell		Ottawa	Jan. 24
1:50.64	(11)	Timbrell		Ottawa	Feb. 7
1:52.37	(4)	Laura Pathak	(89)	Ottawa	Dec. 13
1:52.77	(8)	Pathak		Ottawa	Nov. 22
2:01.03	(31)	Pathak		Montreal, QC	Jan. 31
1:56.36	(9)	Feyisayo Oni	(90)	Ottawa	Dec. 13
1:57.72	(37)	Caitlin Freemark	(89)	Ottawa	Jan. 24
2:00.59	(11)	Francis Lindsay	(79)	Ottawa	Dec. 13
2:00.62	(12)	Amanda Canfield	(89)	Ottawa	Dec. 13
2:01.47	(14)	Hannah Karpiuk	(87)	Ottawa	Dec. 13

800 Meters

uO Men's Record	200m Track	1:56.94	Martin Cyr-Hicks	1993
	Dome Track	1:55.67	Sean Young	2006

OUA Qualifying X
CIS Auto Qualifying 1:52.75 / 1:51.45

1:57.46	(1)	Andrew Harrietha	(88)	Ottawa	Dec. 20
1:57.60	(3)	Harrietha		Ottawa	Jan. 17
1:57.52	(7)	Kevin Brennan	(87)	Hanover, NH	Jan. 11
1:58.16	(2)	Brennan		Ottawa	Dec. 20
2:01.11	(6)	Marc-Philippe Taillon	(87)	Ottawa	Dec. 20

uO Women's Record	200m Track	2:17.34	Julia Tousaw	2009
	Dome Track	2:16.53	Emilie Halle	2009

OUA Qualifying X
CIS Auto Qualifying5) 2:11.02 / 2:10.32

2:16.53	(18)	Emilie Halle	(90)	Ottawa	March 7
2:17.34	(5)	Julia Tousaw	(89)	Hanover, NH	Jan. 11
2:17.77	(21)	Tiffany Locke	(88)	Ottawa	March 7
2:19.01	(6)	Jennie Biewald	(88)	Hanover, NH	Jan. 11
2:31.51	(26)	Tess Acton	(88)	Ottawa	Dec. 20
2:32.80	(31)	Laura Pathak	(89)	Ottawa	March 7
2:43.20	(30)	Amanda Canfield	(89)	Ottawa	Dec. 20
2:47.54	(40)	Caitlin Freemark	(89)	Ottawa	March 7
2:47.66	(32)	Francis Lindsay	(79)	Ottawa	Dec. 20
2:48.29	(37)	Reba Timbrell	(90)	Ottawa	Jan. 17

1000 Meters

uO Men's Record	200m Track	2:30.61	Sean McAlpine	1993
	Dome Track	2:31.07	Sean Young	2006

OUA Qualifying 2:36.95 / 2:35.31
CIS Auto Qualifying 2:26.50 / 2:24.86

2:31.60	(31)	Kevin Brennan	(87)	Boston, MA	Feb. 14
2:32.16	(4)	Brennan		Ottawa	Jan. 24
2:34.98	(2)	Brennan		Ottawa	Dec. 13
2:32.93	(42)	Andrew Harrietha	(88)	Boston, MA	Feb. 14
2:34.36	(1)	Harrietha	(88)	Ottawa	Dec. 13
3:36.29	(5)	Harrietha		Ottawa	Jan. 24

uO Women's Record	200m Track	2:48.46	Nathalie Cote	1998
	Dome Track	2:52.06	Jacqueline Malette	2009

OUA Qualifying 3:08.98 / 3:08.10
CIS Auto Qualifying 2:50.60 / 2:49.72

2:52.05	(11)	Jacqueline Malette	(86)	Ottawa	Jan. 24
2:53.82	(5)	Malette		Toronto, ON	Feb. 28
2:55.68	(12)	Jennie Biewald	(88)	Ottawa	Jan. 24
2:56.26	(1)	Biewald		Ottawa	Dec. 13
2:57.40	(4)	Biewald		Boston, MA	Feb. 13
2:59.19	(9)	Biewald		Toronto, ON	Feb. 28
3:04.40	(17)	Kristen Marvin	(75)	Ottawa	Jan. 24
3:06.11	(18)	Tiffany Locke	(88)	Montreal, QC	Jan. 30
3:10.43	(21)	Tess Acton	(88)	Ottawa	Jan. 24
3:14.26	(24)	Acton		Montreal, QC	Jan. 30
3:26.83	(7)	Laura Pathak	(89)	Ottawa	Feb. 7
3:30.41	(8)	Pathak		Montreal, QC	Feb. 21
3:28.39	(25)	Feyisayo Oni	(90)	Ottawa	Jan. 24
3:30.44	(8)	Caitlin Freemark	(89)	Ottawa	Feb. 7
3:31.09	(26)	Kathryn Jackman	(89)	Ottawa	Jan. 24
3:36.96	(31)	Caitlin Freemark	(89)	Montreal, QC	Jan. 30
3:43.78	(31)	Freemark		Ottawa	Jan. 24
3:39.29	(28)	Francis Lindsay	(79)	Ottawa	Jan. 24

3:49.71	(12)	Lindsay		Ottawa	Dec. 13
3:40.29	(30)	Hannah Karpiuk	(87)	Ottawa	Jan. 24
3:42.29	(8)	Karpiuk		Ottawa	Dec. 13
3:45.56	(32)	Reba Timbrell	(90)	Montreal, QC	Jan. 30
3:48.60	(11)	Amanda Canfield	(89)	Ottawa	Dec. 13

1500 Meters

uO Men's Record	200m Track 4:08.04	Brad Young	1998
	Dome Track 4:04.99	Kevin Brennan	2008

OUA Qualifying 4:09.57 / 4:07.07
CIS Auto Qualifying 3:52.62 / 3:50.12

4:05.52	(1)	Kevin Brennan	(87)	Ottawa	Nov. 22
4:12.46	(27)	Brennan		Montreal, QC	Jan. 31
4:15.79	(2)	Brennan		Ottawa	Jan. 17
4:09.42	(2)	Andrew Harrietha	(88)	Ottawa	Nov. 22
4:11.99	(1)	Marc-Philippe Taillon	(87)	Ottawa	Jan. 17
4:17.66	(4)	Taillon		Ottawa	Dec. 13
4:16.99	(3)	Luc Mahler	(87)	Ottawa	Jan. 17
4:18.88	(6)	Mahler		Ottawa	Dec. 13
4:20.96	(4)	Mahler		Ottawa	Feb. 7
4:22.01	(44)	Mahler		Montreal, QC	Jan. 31
4:18.77	(5)	Jason Desjardins	(87)	Ottawa	Dec. 13
4:19.78	(5)	Matt Vierula	(90)	Ottawa	Jan. 17
4:20.86	(42)	Vierula		Montreal, QC	Jan. 31
4:40.31	(9)	Jeff Hoskins	(86)	Ottawa	Dec. 13
4:41.07	(13)	Hoskins		Ottawa	Jan. 17
4:42.82	(50)	Hoskins		Montreal, QC	Jan. 31
4:43.68	(14)	Joshua Mathewman	(88)	Ottawa	Jan. 17
4:43.99	(51)	Mathewman		Montreal, QC	Jan. 31
4:44.37	(8)	Mathewman		Ottawa	Feb. 7

uO Women's Record	200m Track 4:19.13	Nathalie Cote	1997
	Dome Track 4:35.07	Tiffany Locke	2008

OUA Qualifying 4:58.52 / 4:57.17
CIS Auto Qualifying 4:32.11 / 4:30.76

4:29.99	(2)	Jacqueline Malette	(86)	Windsor, ON	Mar. 14
4:32.28	(3)	Malette		Toronto, ON	Feb. 27
4:38.83	(1)	Malette		Ottawa	Feb. 7
4:46.29	(3)	Tiffany Locke	(88)	Ottawa	Feb. 7
4:52.08	(3)	Locke		Ottawa	Jan. 17
4:58.56	(30)	Locke		Montreal, QC	Jan. 31
5:02.23	(2)	Locke		Ottawa	Dec. 13
5:09.29	(2)	Locke		Ottawa	Nov. 22
4:58.39	(1)	Kristin Marvin	(75)	Ottawa	Nov. 22
5:02.92	(35)	Marvin		Montreal, QC	Jan. 31
5:05.49	(37)	Tess Acton	(88)	Montreal, QC	Jan. 31
5:08.98	(20)	Brenda Pearce	(87)	Ottawa	Jan. 17
5:13.09	(3)	Julia Tousaw	(89)	Ottawa	Nov. 22

5:17.54	(6)	Lisa Benz	(85)	Ottawa	Feb. 7
5:18.85	(16)	Benz		Ottawa	Jan. 24
5:20.51	(23)	Benz		Ottawa	Jan. 17
5:25.82	(50)	Benz		Montreal, QC	Jan. 31
5:29.03	(26)	Laura Pathak	(89)	Ottawa	Jan. 17
5:29.66	(27)	Feyisayo Oni	(90)	Ottawa	March 7
5:30.23	(8)	Kathryn Jackman	(89)	Ottawa	Feb. 7
5:42.34	(52)	Jackman		Montreal, QC	Jan. 31
5:36.68	(29)	Francis Lindsay	(79)	Ottawa	March 7
5:48.31	(9)	Lindsay		Ottawa	Feb. 7
5:57.69	(34)	Lindsay		Ottawa	Jan. 17
6:01.23	(12)	Lindsay		Ottawa	Nov. 22
5:46.10	(32)	Amanda Canfield	(89)	Ottawa	Jan. 17
5:53.52	(11)	Canfield		Ottawa	Nov. 22
5:50.23	(53)	Caitlin Freemark	(89)	Montreal, QC	Jan. 31
5:53.59	(33)	Freemark		Ottawa	Jan. 17

Mile

uO Men's Team Record	200m Track	4:27.94	Andrew Harrietha	2009
	Dome Track	To be Contested		
OUA Qualifying	X			
CIS Auto Qualifying	4:10.98 / 4:07.84			

4:27.94	(15)	Andrew Harrietha	(88)	Hanover	Jan. 11
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uO Women's Record	200m Track	5:31.02	Kristin Marvin	2009
	Dome Track	To be Contested		
OUA Qualifying	X			
CIS Auto Qualifying	4:49.91 / 4:48.47			

5:31.02	(16)	Kristin Marvin	(75)	Hanover, NH	Jan. 11
5:32.31	(17)	Tess Acton	(88)	Hanover, NH	Jan. 11

3000 Meters

uO Men's Record	200m Track	8:56.04	Michael Lalonde	2008
	Dome Track	9:00.86	Gordon Kerslake	2007
OUA Qualifying	9:00.20 / 8:55.11			
CIS Auto Qualifying	8:21.59 / 8:16.50			

9:08.68	(3)	Luc Mahler	(87)	Ottawa	Jan. 24
9:13.48	(5)	Mahler		Ottawa	Nov. 22
9:17.58	(21)	Mahler		Montreal, QC	Jan. 30
9:21.19	(153)	Mahler		Boston, MA	Feb. 14
9:14.09	(2)	Matt Vierula	(90)	Ottawa	Dec. 20
9:16.57	(20)	Vierula		Montreal, QC	Jan. 30
9:52.04	(12)	Jeff Hoskins	(86)	Ottawa	March 7
10:01.08	(9)	Hoskins		Ottawa	Jan. 24
10:04.55	(16)	Hoskins		Ottawa	Nov. 22
10:08.94	(4)	Hoskins		Ottawa	Feb. 7

10:14.85	(52)	Hoskins		Hanover, NH	Jan. 11
10:14.94	(15)	Hoskins		Montreal, QC	Feb. 21
10:35.55	(29)	Hoskins		Montreal, QC	Jan. 30
9:53.56	(8)	Joshua Matthewman	(88)	Ottawa	Jan. 24
9:55.32	(27)	Matthewman		Montreal, QC	Jan. 30

uO Women's Record	200m Track	9:30.45	Nathalie Cote	1997
	Dome Track	10:00.09	Tiffany Locke	2007

OUA Qualifying 10:50.35 / 10:47.61
CIS Auto Qualifying 9:48.15 / 9:45.41

10:10.11	(25)	Tiffany Locke	(88)	Boston, MA	Feb. 13
10:22.80	(8)	Locke		Toronto, ON	Feb. 28
10:27.32	(12)	Locke		Ottawa	Jan. 24
10:35.46	(5)	Locke		Hanover, NH	Jan. 11
10:49.94	(4)	Kristin Marvin	(75)	Ottawa	Jan. 17
11:02.72	(10)	Brenda Pearce	(87)	Hanover, NH	Jan. 11
11:04.28	(12)	Pearce		Ottawa	Nov. 22
11:09.50	(12)	Lisa Benz	(85)	Hanover, NH	Jan. 11
11:11.41	(98)	Benz		Boston, MA	Feb. 13
11:13.33	(14)	Benz		Ottawa	Nov. 22
11:19.80	(21)	Benz		Montreal, QC	Jan. 30
11:21.34	(2)	Benz		Montreal, QC	Feb. 21
11:23.77	(17)	Benz		Toronto, ON	Feb. 27
12:03.90	(3)	Kate Smeaton	(84)	Ottawa	Feb. 7

4 x 200m Relay

uO Men's Record	200m Track	1:30.16	Balarama Holness, Olivier Gauthier-Kwan, Antoine Despres-Bedward, Tony Risling	2008
	Dome Track	1:27.29	Ramon Monsour, Tyler Fawcett, Michael Robertson, Brian Cummings	2009

OUA Qualifying Top 5 OUA Ranking 1 Week Prior to Championship
CIS Auto Qualifying 1:28.97 / 1:27.93

1:27.29	(1)	Ramon Monsour, Tyler Fawcett Michael Robertson, Brian Cummings	Ottawa	Jan. 17
1:29.35	(2)	Jeremy Batt, Tyler Fawcett, Ramon Monsour, Olivier Gauthier-Kwan	Ottawa	Feb. 7
1:32.15	(2)	Ramon Monsour, Jeremy Batt, Olivier Gauthier-Kwan, Tony Despres-Bedward (22.5, 23.3, 23.3, 22.9)	Hanover, NH	Jan. 11
1:32.17	(2)	Jeremy Batt, Olivier Gauthier-Kwan Antoine Despres-Bedward, Tony Risling	Ottawa, ON	Jan. 17
1:32.17	(1)	Christian Desulme, Tony Risling Antoine Despres-Bedward, Olivier Gauthier-Kwan,	Ottawa, ON	Jan. 24

1:32.26	(3)	Ramon Monsour, Olivier Gauthier-Kwan Tony Risling, Christian Desulme (22.3, 22.9, 23.4, 23.5)	Montreal, QC	Jan. 31
1:33.70	(3)	Antoine Despres-Bedward, Tony Risling Brian Cummings, _____	Ottawa	Feb. 7
1:40.37	(5)	Mike Weatherhead, Chris Weatherhead Patrick Khalaf, Mark Farnsworth	Ottawa, ON	Jan. 17

uO Women's Record	200m Track	1:42.36	Christiane Lela, Julia Tousaw, Emilie Halle, Christine Fraser (25.1, 24.8, 26.0, 26.3)	2009
	Dome Track	1:42.93	Christiane Lela, Emilie Halle Christine Fraser, Julia Tousaw	2009

OUA Qualifying Top 5 OUA Ranking 1 Week Prior to Championship
CIS Auto Qualifying 1:42.08 / 1:41.52

1:42.36	(4)	Christiane Lela, Julia Tousaw Emilie Halle, Christine Fraser (25.1, 24.8, 26.0, 26.3)	Toronto, ON	Feb. 27
1:42.93	(1)	Christiane Lela, Emilie Halle Christine Fraser, Julia Tousaw	Ottawa, ON	Jan. 17
1:42.97	(1)	Christine Fraser, Christian Lela, Emilie Halle, Julia Tousaw	Ottawa	Feb. 7
1:45.19	(4)	Christiane Lela, Emilie Halle Christine Fraser, Barbara Remond (25.0, 25.9, 26.9, 27.1)	Montreal, QC	Jan. 31
1:47.39	(5)	Christiane Lela, Emilie Halle, Christine Fraser, Reba Timbrell (25.7, 26.3, 27.1, 27.9)	Hanover, NH	Jan. 11
1:47.82	(2)	Christiane Lela, Christine Fraser, Reba Timbrell, Emily Coleman	Ottawa, ON	Jan. 24
1:49.36	(4)	Barbara Remond, Kylie Rains Emily Coleman, Tamarrah Moore	Ottawa, ON	Jan. 17
1:53.85	(3)	Barbara Remond, Kylie Rains, Reba Timbrell, Sacha Simpson	Ottawa	Feb. 7
1:57.41	(16)	Barbara Remond, Emily Coleman, Kylie Rains, Tamarrah Moore	Hanover, NH	Jan. 11

4 x 400m Relay

uO Men's Record	200m Track	3:16.40	Michael Robertson, Brian Cummings Tyler Fawcett, Marc-Philippe Taillon (48.9, 48.2, 49.6, 49.7)	2008
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	Dome Track	3:20.54	Michael Robertson, Ramon Monsour Tyler Fawcett, Andrew Harrietha (48.5, 50.5, 49.8, 52.0)	2009
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OUA Qualifying CIS Auto Qualifying	Top 5 OUA Ranking 1 Week Prior to Championship
	3:19.73 / 3:17.31

3:17.47	(10)	Ramon Monsour Michael Robertson Tyler Fawcett, Brian Cummings (50.5, 47.9, 49.5, 48.9)	Boston	Feb. 14
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3:20.54	(2)	Michael Robertson, Ramon Monsour Tyler Fawcett, Andrew Harrietha (48.5, 50.5, 49.8, 52.0)	Ottawa	Jan. 24
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3:21.07	(1)	Tyler Fawcett, Michael Robertson Brian Cummings, Marc-Philippe Taillon (50.5, 49.0, 49.7, 51.8)	Montreal, QC	Jan. 31
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3:28.73	(2)	Ramon Monsour, Olivier Gauthier-Kwan, Michael Robertson, Jeremy Batt (52.7, 53.7, 50.1, 51.9)	Hanover, NH	Jan. 11
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uO Women's Record	200m Track	3:52.62	Christine Fraser Christiane Lela, Julia Tousaw, Emilie Halle (62.0, 55.7, 56.5, 58.5)	2009
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	Dome Track	3:57.20	Julia Tousaw, Emilie Halle Christiane, Lela, Jennie Biewald	2009
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OUA Qualifying CIS Auto Qualifying	Top 5 OUA Ranking 1 Week Prior to Championship
	3:52.99 / 3:51.69

3:52.62	(1)	Christine Fraser, Christiane Lela Julia Tousaw, Emilie Halle (62.0, 55.7, 56.5, 58.5)	Montreal, QC	Jan. 31
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3:54.43	(2)	Jacqueline Malette, Christiane Lela Julia Tousaw, Emilie Halle (62.5, 58.3, 55.8, 57.8)	Toronto, ON	Feb. 28
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3:54.59	(6)	Jennie Biewald, Christiane Lela Julia Tousaw, Emilie Halle (62.2, 58.1, 56.4, 57.8)	Windsor, ON	Mar. 14
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3:57.20	(1)	Julia Tousaw, Emilie Halle Christiane Lela, Jennie Biewald	Ottawa, ON	Jan. 24
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3:58.62 (1) Christiane Lela, Julia Tousaw, Hanover, NH Jan. 11
 Christine Fraser, Emilie Halle
 (57.8, 57.8, 63.1, 59.5)

4 x 800m Relay

uO Men's Record 200m Track 7:53.15 Marc-Philippe Taillon, Andrew Harrietha, 2008
 Kevin Brennan, Michael Lalonde
 (1:56.7., 1:58.6, 1:56.5, 2:01.2)

Dome Track 7:59.51 Kevin Brennan, Marc-Philippe Taillon 2008
 Andrew Harrietha, Michael Lalonde
 (1:56, 2:01, 1:57, 2:02)

OUA Qualifying Top 5 OUA Ranking 1 Week Prior to Championship
 CIS Auto Qualifying 7:41.90 / 7:36.72

7:53.79 (3) Brian Cummings, Andrew Harrietha Montreal, QC Jan. 31
 Marc-Philippe Taillon, Kevin Brennan
 (1:59, 1:58, 1:58, 1:57)

7:57.98 (7) Brian Cummings, Marc-Philippe Taillon, Toronto, ON Feb. 27
 Andrew Harrietha, Kevin Brennan

uO Women's Record 200m Track 9:03.14 Emilie Halle, Julia Tousaw, 2009
 Jennifer Biewald, Jacqueline Malette
 (2:19, 2:13, 2:16, 2:13)

Dome Track 10:12.50 Carmen Kuntz, Elyse Pratt-Johnson 2008
 Kassie Betts, Lisa Benz
 (2:31, 2:31, 2:31, 2:39)

OUA Qualifying Top 5 OUA Ranking 1 Week Prior to Championship
 CIS Auto Qualifying 9:13.74 / 9:10.95

9:03.14 (2) Emilie Halle, Julia Tousaw Toronto, ON Feb. 27
 Jennifer Biewald, Jacqueline Malette
 (2:19, 2:13, 2:16, 2:13)

9:03.93 (2) Emilie Halle, Jacqueline Malette Windsor, ON Mar. 13
 Jennifer Biewald, Julia Tousaw
 (2:18, 2:13, 2:16, 2:15)

9:14.27 (2) Julia Tousaw, Jacqueline Malette Montreal, QC Jan. 31
 Kristin Marvin, Jennifer Biewald
 (2:15, 2:16, 2:22, 2:19)

Distance Medley Relay

(1200m, 400m, 800m, 1600m)

MEN

Not Contested)

WOMEN

12:14.65

Jennie Biewald (3:38), Barbara Remond (65.0),
Emilie Halle (2:22), Tiffany Locke (5:09)

Boston, MA

Feb. 14

12:25.56

Kristin Marvin (3:53, Tess Acton (65.4)
Julia Tousaw (2:17), Jennie Biewald (5:09)

Hanover, NH

Jan. 11