

The 2009 Canadian Junior  
Track and Field Championships  
UPEI Alumni Canada Games Place



***Canadian Junior Track & Field Championships***  
***Championnat canadien junior d'athlétisme***

**Charlottetown, P.E.I. / Î.-P.-É. July 17-19 juillet 2009**

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On behalf of Athletics Canada we would like to welcome you to the 2009 Canadian Junior Track and Field Championships. We are confident Charlottetown will put on a first-class event, offering lifelong memories to participants, volunteers, officials and spectators alike.

This year the Canadian juniors serve as the qualifier for the Pan American Junior Championships held in Port-of-Spain, Trinidad & Tobago, July 31 – August 2, 2009.

Along with the University of Prince Edward Island, Athletics Canada has made a commitment to providing the best conditions possible to achieve our performance objectives.

Athletics Canada would like to recognize the efforts of the local organizing committee, officials, volunteers and event staff; without you the marquee junior event of the Canadian Championship Series would not be possible.

Congratulations to the athletes competing in the National Championships and good luck to those looking to qualify to compete in Port-of-Spain.

Sincerely,

**Gord Orlikow**  
Chairman of the Board

Au nom d'Athlétisme Canada, nous aimerions vous souhaiter la bienvenue au Championnat canadien junior d'athlétisme de 2009. Nous sommes confiants que Charlottetown mettra sur pied un événement de première classe, duquel les participants, bénévoles, officiels et spectateurs rapporteront des souvenirs inoubliables.

Cette année, le Championnat canadien junior sert de qualification pour le Championnat panaméricain junior qui aura lieu à Port-of-Spain, à Trinidad & Tobago, du 31 juillet au 2 août 2009.

Avec l'Université de l'Île-du-Prince-Édouard, Athlétisme Canada s'est engagé à fournir les meilleures conditions possibles afin d'atteindre nos objectifs de performance.

Athlétisme Canada tient à reconnaître les efforts du comité organisateur local, des officiels, des bénévoles et du personnel de l'événement; sans vous, l'événement junior vedette du circuit des championnats canadiens ne serait pas une réalité.

Félicitations aux athlètes concourant au Championnat national et bonne chance à ceux qui vise une qualification pour Port-of-Spain.

Sincèrement,

**Joanne Mortimore**  
Directrice générale



## Welcome from the 2009 CDN JRS Organizing Committee

On behalf of the entire Organizing Committee, I take this opportunity to welcome all competitors, coaches and officials to the 2009 Canadian Junior Track and Field Championships here at the brand new UPEI Alumni Canada Games Place at the University of Prince Edward Island.

We trust that you will enjoy your stay here in Canada's most beautiful summer playground and that our warm hospitality will encourage you to come back and visit us again in the future. The city of Charlottetown, UPEI, and Atlantic Canada are proud to be the host for this National Championship, and we wish you all the best as you try to qualify for the Pan Am Juniors in Trinidad and Tobago in two weeks, as well as with your final preparations for the upcoming Canada Summer Games here in PEI.

We are fortunate to use this Canadian Juniors as an official Canada Games test event, as well as an important rehearsal for next summer's IAAF World Juniors in Moncton, July 19-25, 2010. Thanks to all our Organization Committee members, as well as our volunteers, for their passion, energy, and commitment to making this weekend a success.

Best of luck to all !

**Rod MacKenzie,**  
General Coordinator  
2009 Canadian Juniors

## Members of the 2009 CDN JRS Organizing Committee

**Gord Hopkins**  
**Erin Leaman**  
**Tipper LeBlanc**  
**Rod MacKenzie**  
**Miche Martin**

**Nancy McKay**  
**Marie-Claire Pierce**  
**Mike Randall**  
**Eric Savard**  
**Linda Schofield**

## Schedule

Friday, July 17<sup>th</sup>, 2009

Time	Track events
2:50 pm	Heptathlon 100m Hurdles
3:10 pm	Women's 100m Hurdles Semifinals
3:55pm	Men's 110m Hurdles Semifinals
4:30pm	Women's 100m Preliminaries
5:00pm	Men's 100m Preliminaries
5:35pm	Women's 400m Semifinals
6:05pm	Men's 400m Semifinals
6:40pm	Women's 1500m Semifinals
7:05pm	Men's 1500m Semifinals
7:40pm	Women's 100m Semifinals
8:00pm	Men's 100m Semifinals
8:20pm	Heptathlon 200m

Time	Field Events
9:00am	Men's High Jump Qualifying (Groups A & B)
9:00am	Women's Long Jump Qualifying (Groups A & B)
9:00am	Women's Discus Qualifying (Group A)
10:30am	Women's Discus Qualifying (Group B)
11:15am	Men's Long Jump Qualifying (Groups A & B)
12:15pm	Men's Hammer <b>FINAL</b>
1:30pm	Women's Triple Jump Qualifying (Groups A & B)
2:15pm	Women's Shot Put Qualifying (Groups A & B)
3:00pm	Women's Javelin Qualifying (Group A)
4:00 pm	Heptathlon High Jump (Group A & B)
4:30 pm	Women's Javelin Qualifying (Group B)
4:30pm	Women Pole Vault <b>FINAL</b>
6:00pm	Men's Javelin <b>FINAL</b>
6:30pm	Heptathlon Shot Put (Group A & B)

## Schedule

Saturday, July 18<sup>th</sup>, 2009

Time	Track events
10:45am	Men's 5,000m <b>FINAL</b>
11:05am	Decathlon 100m
11:25am	Women's 100m Hurdles A & B <b>FINAL</b>
11:50am	Men's 110m Hurdles A & B <b>FINAL</b>
12:15pm	Women's 1,500m <b>FINAL</b>
12:25pm	Men's 1,500m <b>FINAL</b>
12:40pm	Women's 400m A & B <b>FINAL</b>
12:55pm	Men's 400m A & B <b>FINAL</b>
1:15pm	Women's 100m <b>FINAL</b>
1:25pm	Men's 100m <b>FINAL</b>
3:20pm	Women's 400m Hurdles Semifinals
3:55pm	Men's 400m Hurdles Semifinals
4:30pm	Women's 800m Semifinals
5:00pm	Men's 800m Semifinals
5:35pm	Women's 200m Preliminaries
6:15pm	Decathlon 400m
6:35pm	Men's 200m Preliminaries
7:15pm	Women's 3,000m <b>TIMED FINALS</b>
7:55pm	Heptathlon 800m

**Schedule**  
**Saturday, July 18<sup>th</sup>, 2009**  
**(continued)**

<b>Time</b>	<b>Field Events</b>
10:30am	Men's Long Jump <b>FINAL</b>
10:30am	Men's Pole Vault <b>FINAL</b>
10:30 am	Men's Discus Qualifying (Group A)
11:45am	Men's Discus Qualifying (Group B)
12:30pm	Decathlon Long Jump
1:45pm	Women's Hammer <b>FINAL</b>
2:00pm	Decathlon Shot Put
3:15 pm	Heptathlon Long Jump (Group A & B)
3:30pm	Decathlon High Jump
5:00 pm	Heptathlon Javelin
5:15pm	Women's Shot Put <b>FINAL</b>
5:15pm	Men's High Jump <b>FINAL</b>
5:45pm	Women's Long Jump <b>FINAL</b>
6:45 pm	Women's Javelin <b>FINAL</b>

**Schedule**  
**Sunday, July 19<sup>th</sup>, 2009**

<b>Time</b>	<b>Track events</b>
8:15am	Decathlon 110m Hurdles
11:40am	Men's 3,000m Steeplechase <b>FINAL</b>
12:05pm	Women's 2,000m Steeplechase <b>FINAL</b>
12:30pm	Women's 200m A & B <b>FINAL</b>
12:45pm	Men's 200m A & B <b>FINAL</b>
1:05pm	Women's 400m Hurdle A & B <b>FINAL</b>
1:30pm	Men's 400m Hurdle A & B <b>FINAL</b>
1:50pm	Women's 800m A & B <b>FINAL</b>
2:05pm	Men's 800m A & B <b>FINAL</b>
2:25pm	Women's 4x100m Relay <b>FINAL</b>
2:45pm	Men's 4x100m Relay <b>FINAL</b>
3:20pm	Women's 4x400m Relay <b>FINAL</b>
3:40pm	Men's 4x400m Relay <b>TIMED FINALS</b>
4:00pm	Decathlon 1,500m

<b>Time</b>	<b>Field Events</b>
9:00 am	Decathlon Discus
10:15 am	Men's Discus <b>FINAL</b>
10:30am	Decathlon Pole Vault
11:00am	Women's Triple Jump <b>FINAL</b>
12:15 pm	Women's Discus <b>FINAL</b>
1:30pm	Men's Triple Jump <b>FINAL</b>
1:45pm	Women's High Jump <b>FINAL</b>
1:45pm	Men's Shot Put <b>FINAL</b>
2:30 pm	Decathlon Javelin

## Canadian Junior Records - Men

Event	Perf.	Wind	Name	Location	Date
100m	10.26	0.7	Justyn Warner	Windsor ON	30 Jul 05
200m	20.62a	0.1	Peter Ogilvie	Provo UT	25 May 91
400m	45.83		Shane Niemi	Havana CUB	19 Jul 97
800m	1:46.60		Nathan Brannen	Edmonton AB	23 Jun 01
1500m	3:39.11		Kevin Sullivan	Seoul KOR	20 Sep 92
Mile	3:57.48		Mike Woods	Windsor ON	28 Jul 05
3000m	7:58.04		Mike Woods	Ottawa ON	29 Jun 05
5000m	13:43.8		Bruce Kidd	Compton CA	2 Jun 62
10,000m	29.10.1		Peter Butler	Lawrence KA	21 Apr 77
10kmRW	42:37.4		Guillaume Leblanc	St. Johns NF	22 Jul 81
110mH <sup>(107cm)</sup>	14.22	1.0	Kevin Reid	Edmonton AB	21 Jul 84
110mH <sup>(99cm)</sup>	13.78	2.0	Adam Kunkel	Lasalle ON	2 Jun 00
400mH	50.92a		Nick Stewart	Bozeman MON	3 May 97
2000msc	5:36.80		Stephen Conwell	Athens GRE	20 Jul 86
3000msc	8:37.83		Alexandre Genest	Burnaby BC	14 Jun 05
4x100m	39.64		Justyn Warner, Seyi Smith, Todd Pyper, Brian Barnett	Beijing CHN	15 Aug 06
4x400m	3:08.92		Bernard Whyte, Neville Douglas, R.Richards, John Graham	Nassau BAH	25 Aug 84

## Canadian Junior Records - Men (continued)

Event	Perf.	Wind	Name	Location	Date
HJ	2.26		Alain Metellus	Edmonton AB	7 Jul 83
PV	5.11		Jamie Johnson	Montreal QC	19 Jul 00
LJ	7.88	-0.1	Richard Rock	Carbondale IL	30 Apr 76
TJ	16.44	-0.01	Edrick Floreal	Ottawa ON	4 Aug 85
SP <sup>(7.26kg)</sup>	17.55		Johnny Nielsen	Tillsonberg ON	28 Jun 80
SP <sup>(6kg)</sup>	19.10		Chris Meisner	Calgary AB	26 Jun 02
	19.10		Chris Meisner	Calgary AB	6 Jul 02
DT <sup>(2 kg)</sup>	58.76		Jason Tunks	Kingston ON	14 Aug 94
DT <sup>(1.75kg)</sup>	55.26		James Steacy	Barbados BAR	20 Jul 03
	55.26		Kyle Helf	LaSalle ON	1 Aug 04
HT <sup>(7.26kg)</sup>	70.66		Dylan Armstrong	Flagstaff AZ	6 Jul 00
HT <sup>(6kg)</sup>	74.09		James Steacy	Edmonton AB	21 Jun 03
JT	75.46		Scott Russell	Colombia MO	17 May 98
Decathlon	7523		Michael Smith	Athens GRE	16-17 Jul 86
(100m:11.11/ LJ:7.20/ SP:13.62/ HJ:1.97/ 400m:48.58/ (4060) 110mH:15.45/ DT:38.20/ PV:3.70/ JT:60.94/ 1500m:4:28.95)					
Decathlon	7080		Reid Gustavson	Sherbrooke QC	22 Jul 06
New imps/hrd (100m:11.52[0.6]/ LJ:6.58[-0.7]/ SP:13.88/ HJ:1.88/ 400m:49.35/ (3726) 110mH:15.72[0.8]/ DT:33.92/ PV:4.20/ JT:51.26/ 1500m:4:26.67)					

## Canadian Junior Records - Women

Event	Perf.	Wind	Name	Location	Date
100m	11.21	0.0	Angela Bailey	Cd. Bolivar VEN	15 Aug 81
200m	22.86	0.0	Angela Bailey	Cd. Bolivar VEN	14 Aug 81
400m	51.85		Jillian Richardson	Walnut CA	25 Jul 84
800m	2:03.17		Glenda Reiser	Moscow RUS	19 Aug 73
1000m	2:41.4		Glenda Reiser	Montreal QC	04 Jul 73
1500m	4:06.71		Glenda Reiser	Munich GER	04 Sep 72
Mile	4:35.13		Glenda Reiser	London ENG	15 Sep 73
3000m	9:12.39		Brenda Shackleton	Saint John NB	16 Aug 85
5000m	15:52.08		Danette Doetzel	Victoria BC	10 Jun 05
10,000m	33:46.1		Lisa Harvey	Walnut CA	22 Apr 89
3000mRW	13:32.40		Lora Rigutto	North York ON	21 Jun 87
5000mRW	23:34.1		Tina Poitras	Prescott ON	27 Aug 89
10kmRW <sub>(Track)</sub>	49:15		Lora Rigutto	Prescott ON	24 Oct 87
10kmRW <sub>(Road)</sub>	47:37		Rachel Lavalle	Lima PER	08 May 05
100mH	13.32	1.6	Karen Nelson	Brisbane AUS	7 Oct 82
400mH	56.55		Donalda Duprey	Edinburgh SCO	28 Jul 86
2000msc	6:36.05		Danelle Woods	Abbotsford, BC	29 Jul 07
3000msc	10:13.98		Danelle Woods	Sao Paulo BRA	07 Jul 07
4x100m	44.88		Katie Anderson, Althea Thomas, Colleen Taffe, France Garbeau	Burnaby BC	26 Jul 85

## Canadian Junior Records - Women (continued)

Event	Perf.	Wind	Name	Location	Date
4x200m	1:38.53		Krissy Liphardt, Shelly-Ann Brown, Leia Ince-Mercer, Jennifer Mayhue	North York ON	22 Jun 97
4x800m	9:06.83		Heidi Loewen, Krestena Sullivan, Kathy Butler, Caroline Kerr	Toronto ON	12 Jul 92
HJ	1.92		Wanita Dykstra	Toronto ON	6 Aug 93
PV	4.20		Gabriella Duclos	Tempe USA	28 Apr 07
LJ	6.50	1.6	Karen Nelson	Celje YUG	04 Jul 82
TJ	13.43*	1.0	Tabia Charles	Austin TX	03 Apr 04
	13.04*	0.2	Tabia Charles	Toronto ON	15 Jun 03
	12.95	0.9	Tabia Charles	London ON	30 Jun 01
SP	15.88		Nancy McCreddie	Toronto ON	31 Jul 64
DT	52.52		Michelle Brotherton	Scarborough ON	29 May 86
HT	58.84		Jennifer Joyce	Tempe AZ	22 May 99
JT	52.36		Elizabeth Gleadle	Walnut USA	13 Apr 07
Heptathlon	5688		Jessica Zelinka	Santiago CHI	20-21 Oct 00
	<small>(100m:14.02(-0.9)/ HJ:1.77(-0.2)/ SP:11.57/ 200m:24.73 (0.1)/ (3462) LJ:5.58/ JT:37.40/ 800m:2:21.34)</small>				
	<small>* Subject to Application</small>				

## Canadian Junior Championship Records - Men

Event	Perf.	Wind	Name	Location	Year
100m	10.33	1.1	Eric Frempong-Manso	Ottawa	1994
400m	46.55		Brian Barnett	Ottawa	2006
200m	20.65	1.8	Eric Frempong	Ottawa	1994
800m	1:49.72		Kevin Sullivan	Winnipeg	1992
1500m	3:46.48		Andrew McGuigan	Burnaby	1985
5000m	14:11.77		John Castellano	Montreal	1983
10,000m	30:13.89		Janik Lambert	Winnipeg	1991
10kmRW	42:37.4		Guillaume Leblanc	Winnipeg	1982
110mH <sup>(106 cm)</sup>	1.2		Kevin Reid	Edmonton	1984
110mH <sup>(99cm)</sup>	1.5		Adrian Woodley	Ottawa	1994
400mH	51.28		John Graham	Edmonton	1984
2000msc	5:39.64		Stephen Conwell	St John	1986
3000msc	8:49.20		Alex Genest	Montreal (CR)	2005
HJ	2.24		Alex Zaliauskas	Saint-John	1990
PV	5.00		Jamie Johnson	Montreal	2000
	5.00		David Foley	Calgary	2001
LJ	7.61	5.2	Mark Ramos*	Calgary	2001
	7.48	0.1	Andrew Channer	Ottawa	1994
TJ	15.96	0.3	Bruny Surin	Saint-John	1986
SP <sup>(7.25 kg)</sup>	17.34		Brad Snyder	Abbotsford	1995
SP <sup>(6 kg)</sup>	18.79		Chris Meisner	Kitchener	2002
DT <sup>(2k)</sup>	52.66		Jason Tunks	Ottawa	1994
DT <sup>(1.75k)</sup>	52.15		Jim Steacy	Saskatoon	2003
HT <sup>(7.25k)</sup>	65.98		Dylan Armstrong	Montreal	2000
HT <sup>(6k)</sup>	71.03		Jim Steacy	Saskatoon	2003
JT	68.82		Scott Russell	Kitchener (New Jav)	1998
Decathlon	7239		Michael Smith	Saint-John	1986
(100m: 11.08/ LJ: 7.31w/ SP: 12.42/ HJ: 2.02/ 400m: 50.05/ - (4027) – 110mH: 15.48/ DT: 34.38/ PV: 3.65/ JT: 56.46/ 1500m: 4:42.90)					
Decathlon	6840		Daniel Mezheritsky	Saskatoon	2003
Junior Implements (100m: 11.50 (2.0)/ LJ: 6.09 (-0.3)/ SP(6k): 14.41/ HJ: 1.81/ 400m 51.73/ - (3485) - 110mH(99cm): 15.07 (1.0)/ DT(1.75k): 42.12/ PV: 4.30/ JT: 48.97/ 1500m: 5:05.03)					

\* *Championship Best Performance in all conditions (windy/nwi)*

## Canadian Junior Championship Records - Women

Event	Perf.	Wind	Name	Location	Year
100m	11.58	1.4	Jenni Hucul	Saskatoon	2003
200m	23.60	0.0	Atia Weekes	Abbotsford	1997
400m	53.60		Jillian Richardson	Winnipeg	1982
800m	2:06.59		Elise Braithwaite	Edmonton	1984
1500m	4:20.6		Birgit Otto	Sudbury	1980
3000m	9:19.96		Tamara Jewett	Abbotsford	2008
5000m	17:07.36		Margaret Butler	Abbotsford	1997
10,000m	35:13.97		Lisa Harvey	Sudbury	1988
5kmRW (Now 10km)	24:17.99		Marina Crivello	Abbotsford	1997
10kmRW	49:49.16		Megan Huzzey	Saskatoon	2004
100mH	13.57	-0.9	Frances Keating	Saskatoon	2004
	13.46	4.6	Sonia Paquette*	Winnipeg	1992
400mH	57.66		Erica Peterson	Winnipeg	1992
2000msc	6:36.05		Danelle Woods	Abbotsford	2007
3000msc	10:43.27		Jessica Furlan	Ottawa	2006
HJ	1.83		Coralea Brown	Sudbury	1988
PV	4.10		Adrienne Vangool	Saskatoon	2004
LJ	6.11a	-1.4	Keri-Ann Mitchell	Calgary	2001
	6.16	2.2	Trina Radske*	Ottawa	1994
TJ	12.64	-1.2	Chloe Hetherton	Abbotsford	2008
SP <sup>(-4k)</sup>	15.10		Julie Labonté	Abbotsford	2008
DT <sup>(1.0k)</sup>	49.18		Jennifer Vermette	Sherbrooke	1993
HT <sup>(4k)</sup>	57.34		Marie Eve Boisselle	Montreal (CR)	2005
JT	50.86		Elizabeth Gleadle	Ottawa	2006
Heptathlon	5465		Jessica Zelinka	Windsor (LaSalle)	2000
(100mH: 14.14 (-0.8)/ HJ: 1.71/ SP: 11.20/ 200m: 24.67(0.0)/ - (3351) – LJ: 5.80 (3.2)/ JT: 35.29/ 800m: 2:25.69)					

\* *Championship Best Performance in all conditions (windy/nwi)*

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 Camille Baguio - Athletics Canada  
 Nicole Clarke - Athletics Canada  
 Ian Maplethorpe - Jumpstart Athletics

**BIG THANK YOU ALSO GOES OUT TO ALL OUR VOLUNTEERS, OFFICIALS, AND ORGANIZING COMMITTEE MEMBERS, WITHOUT YOU THIS EVENT COULD NOT HAVE BEEN POSSIBLE.**



**Canadian Junior Track & Field Championships**  
**Championnat canadien junior d'athlétisme**

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Athletics Canada and its  
sponsors would like to wish  
all athletes great success at  
the 2009 Canadian  
Junior Championships

Athlétisme Canada et ses  
commanditaires voudraient  
souhaiter beaucoup de succès à  
tous les athlètes au Championnat  
Junior Canadien 2009

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