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SFU Emilie Mondor Spring Open Men's Results
04-02-11
Simon Fraser - Burnaby, BC

100m Dash Heat #1

Wind: -1.7

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	7.	Yang, Henry		UNATTACHED BRITISH COLUMB	12.26	-
2.	8.	McKenzie, Sean		UNATTACHED BRITISH COLUMB	12.62	-
3.	9.	Gill, Sunny		VALLEY ROYALS TRACK & FIE	12.67	-
4.	10.	Palou, Austin		COMOX VALLEY COUGARS	12.68	-
5.	11.	Degroot, Andrew		UNATTACHED BRITISH COLUMB	12.95	-

100m Dash Heat #2

Wind: -2.8

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Nathan, Andrew	JR-3	British Columbia	11.38	-
2.	2.	Joyce, Keefer		UNATTACHED BRITISH COLUMB	11.42	-
3.	3.	Woytkowiak, Paul		UNATTACHED BRITISH COLUMB	11.60	-
4.	4.	Nicolas, Dennis	JR-3	Simon Fraser	11.73	-
5.	5.	Agiba, Joseph		Douglas Running Club	12.18	-
6.	6.	Yeung, Chris	FR-1	British Columbia	12.20	-

200m Dash Heat #1

Wind: -1.6

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	4.	Brar, Parmveer	FR-1	British Columbia	23.48	-
2.	6.	McKenzie, Sean		UNATTACHED BRITISH COLUMB	24.60	-
3.	7.	Yang, Henry		UNATTACHED BRITISH COLUMB	24.62	-
4.	10.	Palou, Austin		COMOX VALLEY COUGARS	25.26	-
5.	12.	Kirstiuk, Robert		Coastal Track Club	25.89	-
6.	14.	Wong, Billy		UNATTACHED BRITISH COLUMB	26.51	-
7.	15.	Betz, Adam		UNATTACHED BRITISH COLUMB	26.75	-

200m Dash Heat #2

Wind: -1.8

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Nathan, Andrew	JR-3	British Columbia	22.29	-

2.	2.	Woytkowiak, Paul		UNATTACHED BRITISH COLUMB	22.59	-
3.	3.	Joyce, Keefer		UNATTACHED BRITISH COLUMB	22.91	-
4.	5.	Yeung, Chris	FR-1	British Columbia	24.47	-
5.	8.	Barnes, Dyson		VALLEY ROYALS TRACK & FIE	24.70	-
6.	9.	Hutton, Cody		UNATTACHED BRITISH COLUMB	24.79	-
7.	11.	Degroot, Andrew		UNATTACHED BRITISH COLUMB	25.42	-
8.	13.	Gill, Sunny		VALLEY ROYALS TRACK & FIE	26.25	-

400m Dash Heat #1

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	6.	Mayfield, Anthony	FR-1	British Columbia	52.04	-
2.	8.	Weichel, Dylan	FR-1	British Columbia	52.46	-
3.	12.	Strachan, Alex	FR-1	British Columbia	53.51	-
4.	16.	Hutton, Cody		UNATTACHED BRITISH COLUMB	55.98	-
5.	17.	Wong, Billy		UNATTACHED BRITISH COLUMB	56.59	-

400m Dash Heat #2

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	9.	Pooni, Paul		UNIVERSAL ATHLETICS CLUB	52.47	-
2.	10.	Morey, Tyler		Douglas Running Club	52.70	-
3.	11.	Barnes, Dyson		VALLEY ROYALS TRACK & FIE	53.44	-
4.	14.	Komi, Rupekanwal		UNIVERSAL ATHLETICS CLUB	53.86	-
5.	15.	Dhillon, Hameet		UNIVERSAL ATHLETICS CLUB	54.08	-

400m Dash Heat #3

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Boss, Andrew	SR-4	Simon Fraser	48.81	-
2.	2.	Paul-Morris, Adam	FR-1	British Columbia	49.38	-
3.	3.	Ellenwood, Stuart		LANGLEY MUSTANGS	49.94	-
4.	4.	Montrose, Brett	JR-3	Simon Fraser	50.15	-
5.	5.	Hurtubise, Neal R.		GOLDEN EARS ATHLETICS	50.51	-
6.	7.	Sutherland, Christopher		Coastal Track Club	52.28	-
7.	13.	Hutchinson, Michael		UNATTACHED BRITISH COLUMB	53.70	-

800m Run Heat #1

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	6.	SO, Matthew		VANCOUVER THUNDERBIRDS	2:01.28	-
2.	11.	Commandeur, Adam		COMOX VALLEY COUGARS	2:04.31	-
3.	12.	Wong, Ryan		VANCOUVER THUNDERBIRDS	2:08.45	-

4.	13.	Nicol, Stephen		UNATTACHED BRITISH2:12.50 COLUMB	-
5.	14.	Johnson, Dustin		Coastal Track Club 2:14.21	-
6.	15.	Stewart, Rohan		KAJAKS TRACK & 2:20.29 FIELD CLUB	-
7.	16.	Mainardi, Christopher		VANCOUVER 2:22.82 OLYMPIC CLUB	-

800m Run Heat #2

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Slade, David	SO-2	British Columbia	1:56.30	-
2.	2.	Kennedy, Aidan	JR-3	British Columbia	1:56.63	-
3.	3.	Bill, Simon	FR-1	British Columbia	1:56.64	-
4.	4.	Johnston, Blair		UNATTACHED BRITISH1:59.52 COLUMB	-	
5.	5.	Liu, Yubai	JR-3	Simon Fraser	2:00.17	-
6.	7.	Bal, Gurjot	FR-1	British Columbia	2:01.70	-
7.	8.	Pare, Alexandre	SO-2	Simon Fraser	2:02.52	-
8.	9.	Conard, Zach	JR-3	Simon Fraser	2:03.23	-
9.	10.	Swanson, Matthew		NORWESTERS TRACK2:04.24 & FIELD	-	

1,500m Run Heat #1

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	10.	White, Declan		Coastal Track Club	4:06.20	-
2.	12.	Delcourt, Timothy		Coastal Track Club	4:11.71	-
3.	14.	Thomas, Nick	SO-2	British Columbia	4:13.77	-
4.	15.	Voth, Chris		TRINITY WESTERN 4:17.33 UNV	-	
5.	16.	Shamsi, Bilal		Coastal Track Club	4:18.04	-
6.	17.	Cliff, William		VANCOUVER 4:19.43 THUNDERBIRDS	-	
7.	18.	Bartfai, Tyler		UNATTACHED BRITISH4:24.79 COLUMB	-	
8.	19.	MacLean, Nicholas	FR-1	British Columbia	4:26.16	-
9.	20.	Moore, Gaelen		VANCOUVER 4:26.93 THUNDERBIRDS	-	
10.	21.	Jorgensen, Oliver		VALLEY ROYALS 4:43.67 TRACK & FIE	-	

1,500m Run Heat #2

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Brockerville, Ryan	JR-3	Simon Fraser	3:56.63	-
2.	2.	Reid, Adam	JR-3	Simon Fraser	3:59.31	-
3.	3.	Kent, Justin	FR-1	British Columbia	4:00.23	-
4.	4.	Vugteveen, Travis	FR-1	Simon Fraser	4:01.61	-
5.	5.	Maynard, Jordan	JR-3	British Columbia	4:01.89	-
6.	6.	Wakefield, Brett	SR-4	Simon Fraser	4:02.57	-
7.	7.	Gravel, Christian		VANCOUVER 4:02.65 THUNDERBIRDS	-	
8.	8.	Baiton, Wyatt	FR-1	British Columbia	4:02.81	-
9.	9.	Young, James	JR-3	Simon Fraser	4:06.10	-
10.	11.	Chester, Sean W.		PRAIRIE INN 4:10.27 HARRIERS RACI	-	
11.	13.	Huebsch, Tim	FR-1	British Columbia	4:13.27	-

5,000m Run

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Smith, Jordan	JR-3	British Columbia	14:58.28	-
2.	2.	Hunt, Theo	JR-3	British Columbia	14:58.44	-
3.	3.	Kazuta, Kerry		POINT GREY TRACK & FIELD	15:06.79	-
4.	4.	Rajput, Gurjit		UNATTACHED BRITISH COLUMB	16:21.43	-

4 x 800m Relay

PLACE	OVERALL	TEAM	SQUAD	ATHLETES	TIME	SCORE
1.	1.	British Columbia	A		8:07.10	-
2.	2.	Simon Fraser	A		8:24.69	-

High Jump

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Little, Paul J.		VANCOUVER THUNDERBIRDS	2.05m	6' 8.75"	-
2.	2.	Khan, Bashir		UNATTACHED BRITISH COLUMB	1.85m	6' 0.75"	-

Long Jump

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE	WIND
1.	1.	Gallaughner, Robert		LANGLEY MUSTANGS	7.00m	22' 11.75"	-	2.0
2.	2.	Heldman, Jared Z.		VALLEY ROYALS TRACK & FIE	6.84m	22' 5.25"	-	2.4
3.	3.	Nicolas, Dennis	JR-3	Simon Fraser	6.32m	20' 9"	-	0.1
4.	4.	Svob, Elliott		British Columbia	6.15m	20' 2.25"	-	1.4
5.	5.	Houlton, Jacob E.		LANGLEY MUSTANGS	6.14m	20' 1.75"	-	0.9
6.	6.	Grzelak, Patrick	FR-1	British Columbia	5.81m	19' 0.75"	-	1.5
7.	7.	Betz, Adam		UNATTACHED BRITISH COLUMB	5.17m	16' 11.5"	-	2.0

Triple Jump

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE	WIND
1.	1.	Moldanov, Sviatoslav	JR-3	Simon Fraser	13.60m	44' 7.5"	-	0.6
2.	2.	Hutchinson, Michael		UNATTACHED BRITISH COLUMB	12.21m	40' 0.75"	-	1.1

Shot Put

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Molinari, Luca		KAJAKS TRACK & FIELD CLUB	12.79m	41' 11.5"	-
2.	2.	Panesar, Gurdas	FR-1	British Columbia	10.12m	33' 2.5"	-

Discus Throw

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Whyte, Peter (Joey)		KAJAKS TRACK & FIELD CLUB	39.05m	128' 1"	-
2.	2.	Bhandal, Pauljit		KAJAKS TRACK & FIELD CLUB	37.25m	122' 2"	-
3.	3.	Molinari, Luca		KAJAKS TRACK & FIELD CLUB	36.13m	118' 6"	-

Hammer Throw

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Bhandal, Pauljit		KAJAKS TRACK & FIELD CLUB	46.02m	151' 0"	-
2.	2.	Kalmykov, Mark		KAJAKS TRACK & FIELD CLUB	42.12m	138' 2"	-
3.	3.	Whyte, Peter (Joey)		KAJAKS TRACK & FIELD CLUB	38.36m	125' 10"	-
4.	4.	Molinari, Luca		KAJAKS TRACK & FIELD CLUB	36.48m	119' 8"	-
5.	5.	Panesar, Gurdas	FR-1	British Columbia	31.90m	104' 8"	-

Javelin

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Moss, Curtis		KAJAKS TRACK & FIELD CLUB	66.50m	218' 2"	-
2.	2.	Skermer, David M.		KAJAKS TRACK & FIELD CLUB	54.55m	179' 0"	-
3.	3.	Coles, Ben	JR-3	Simon Fraser	52.07m	170' 10"	-
4.	4.	Houlton, Jacob E.		LANGLEY MUSTANGS	41.84m	137' 3"	-