

**Top 10 All Time Performers And Performances
At The CIS Championships**

MEN

Compiled Originally By Bruce Pirnie And Lyle Sanderson, March 30, 1996

Revised by Melody Torcolacci and Lyle Sanderson, 1999.

Updated by Claude Berube March 12, 2007

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MEN					
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Revised by Melody Torcolacci and Lyle Sanderson, 1999.					
Updated by Claude Berube March 12, 2007					
Updated by Dennis Barrett, March 16, 2007					
60M					
1	6.58	Ibrahim Meite	Sherbrooke	2002	Sherbrooke
2	6.63	O'Brian Gibbons	Windsor	1993	SkyDome, Toronto
3	6.66	Desai Williams	York	1983	Toronto
3	6.66	Ben Youseef Meite	Sherbrooke	2007	McGill
	6.66	Gibbons		1994	Alberta
5	6.67	Emmanuel Parris	Sherbrooke	2007	McGill
	6.67h	Williams		1983	Toronto
6	6.68	Justin McLellan	York	2007	McGill
6	6.68	Neville Wright	Alberta	2007	McGill
	6.68h	Parris		2007	McGill
	6.71h	B Meite		2007	McGill
	6.71h	Wright		2007	McGill
	6.71h	McLennan		2007	McGill
	6.72	Williams		1985	Windsor
8	6.73h	Dennison Collins	York	2007	McGill
	6.73	I Meite		2003	Windsor
9	6.75	Mark McKoy	York	1983	Toronto
9	6.75	Ian Hilton	Windsor	1992	Manitoba
	6.75	I Meite		2004	Windsor
	6.75	I Meite		2006	Saskatchewan
	6.75 h	I Meite		2006	Saskatchewan
300m					
1	33.40	Alexandre Marchand	Sherbrooke	1999	McGill
	33.51h	Marchand	Sherbrooke	1999	McGill
2	33.51	Adrian Jordan	Western	1999	McGill
3	33.53	Desai Williams	York	1983	Toronto
4	33.66	O' Brian Gibbons	Windsor	1993	SkyDome, Toronto
5	33.68	Ben Youssef Meite	Sherbrooke	2007	McGill
6	33.69	Byron Goodwin	Manitoba	1994	Alberta
7	33.74	John Graham	Calgary	1986	Alberta
	33.74h	Jordan		1999	McGill
	33.75	Gibbons		1995	Manitoba
	33.75	Marchand		2000	McGill
8	33.77	Kelly Crerar	Manitoba	1994	Alberta
9	33.86	Shane Niemi	York	2002	Sherbrooke
10	33.88h	Andre Smith	Manitoba	1985	Windsor

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600m					
1	1:16.10	Byron Goodwin	Manitoba	1995	Manitoba
2	1:17.26	Alexandre Marchand	Sherbrooke	2000	McGill
3	1:17.52	Ian Newhouse	Alberta	1981	Saskatchewan
	1:17.67	Newhouse		1982	Laval
4	1:17.76	Geoff Harris	Dalhousie	2007	McGill
5	1:18.10	Mike Birke	Toronto	1990	Manitoba
	1:18.20	Goodwin		1992	Manitoba
6	1:18.28	Brian Thompson	Saskatchewan	1987	Saskatchewan
	1:18.39	Marchand		1998	Windsor
	1:18.39	Goodwin		1997	Windsor
7	1:18.41	John Graham	Calgary	1986	Alberta
8	1:18.48	Simon Hoogewerf	British Columbia	1984	Sherbrooke
9	1:18.49	Tim Bethune	Toronto	1985	Windsor
10	1:18.50	Ryan McKenzie	Windsor	2003	Windsor
1000m					
1	2:23.08	Sebastien Ouellet	Sherbrooke	1999	McGill
2	2:23.10	Ryan McKenzie	Windsor	2004	Windsor
3	2:23.42	Mike Birke	Toronto	1990	Manitoba
4	2:23.95	Dave Reid	York	1987	Saskatchewan
5	2:24.03	Dave Mather	Queens	1988	Manitoba
6	2:24.17	Rob Swartz	Alberta	1993	SkyDome, Toronto
7	2:24.19	Daryl Fillion	Manitoba	1996	Windsor
7	2:24.19	John Carle	Sherbrooke	2007	McGill
9	2:24.21	Scott Jensen	Calgary	1996	Windsor
10	2:24.25	Harvey Mitro	Waterloo	1987	Saskatchewan
1500m					
1	3:46.85	Allan Klassen	British Columbia	1990	Manitoba
2	3:46.86	Brendan Matthais	Toronto	1990	Manitoba
3	3:47.08	Gary Barber	Victoria	1989	Sherbrooke
4	3:47.35	Henry Klassen	Manitoba	1990	Manitoba
	3:47.73	Klassen		1989	Sherbrooke
	3:48.19	Matthais		1989	Sherbrooke
5	3:48.22	Rob Lonergan	British Columbia	1989	Sherbrooke
6	3:48.23	Paul McCloy	Memorial	1986	Alberta
7	3:48.50	Kent Thexton	Western	1984	Sherbrooke
8	3:48.51	Chad Johnston	Manitoba	1989	Sherbrooke
9	3:48.72	Dave Mather	Queens	1987	Saskatchewan
10	3:48.82	Dave Campbell	Victoria	1982	Laval

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3000m					
1	7.59.29	Jeff Scheibler	British Columbia	1996	Windsor
	8:04.88	Schiebler		1995	Manitoba
2	8:08.31	Darren Klassen	Manitoba	1991	Windsor
3	8:08.32	Colin Dignum	Queens	1991	Windsor
4	8:12.59	Brendan Matthais	Toronto	1990	Manitoba
5	8:12.83	Christian Weber	Manitoba	1993	SkyDome, Toronto
6	8:13.20	Allan Klassen	British Columbia	1993	SkyDome, Toronto
7	8:13.50	Tim Phelan	Toronto	1992	Manitoba
8	8:13.54	Joel Bourgeois	Moncton	1991	Windsor
	8:14.26	Bourgeois		1992	Manitoba
9	8:14.68	Jeremy Deere	Calgary	1999	McGill
10	8:14.85	Reid Coolsaet	Guelph	2003	Windsor
5000m					
1	13:57.28	Paul McCloy	Memorial	1986	Alberta
	14:04.15	McCloy		1985	Windsor
2	14:05.20	Carey Nelson	Victoria	1985	Windsor
3	14:16.62	Norm Tinkham	Dalhousie	1985	Windsor
4	14:26.76	Ed Rendall	Calgary	1986	Alberta
5	14:29.27	Rob Quinn	McGill	1986	Alberta
6	14:30.25	Ray Paulins	Laurentian	1985	Windsor
7	14:30.93	Dorys Langois	Sherbrooke	1985	Windsor
8	14:33.35	Andrew Krucker	Waterloo	1985	Windsor
	14:33.36	Rendall		1987	Saskatchewan
9	14:34.17	Mark Wood	Dalhousie	1985	Windsor
10	14:34.59	Christian Weber	Manitoba	1987	Saskatchewan
60m Hurdles					
1	7.83	Mark McKoy	York	1983	Toronto
2	7.86	Andrew Lissade	Sherbrooke	2001	Sherbrooke
3	7.88	Jeff Glass	Western	1987	Saskatchewan
	7.89	McKoy		1982	Laval
	7.90	Glass		1988	Manitoba
	7.90	Lissade		1998	Windsor
	7.91	Lissade		1999	McGill
	7.91h	McCloy		1982	Laval
	7.92	Glass		1985	Windsor
	7.93	Lissade		2000	McGill
4	8.02	Kyle Robinson	Windsor	1996	Windsor
5	8.03h	Jared Macleod	Manitoba	2001	Sherbrooke
5	8.03h	Michel Genest-Lahaye	Sherbrooke	1997	Windsor
7	8.04	Sean Foudy	York	1988	Manitoba
8	8.05	Eric Spence	York	1985	Windsor
9	8.07	Omar Forrest	Sherbrooke	2000	McGill
10	8.09	Mike Nolan	Windsor	1997	Windsor
10	8.09	Mark Stewart	Toronto	2007	McGill

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4 x 200m Relay					
1	1:26.01	Sherbrooke	B Meite, J-M Desire, J-P Montreuil, E Parris	2007	McGill
	1:26.18	Sherbrooke	I Meite, J-P Montreuil, J-M Desire, B Meite	2006	Saskatchewan
2	1:26.35	York	Williams, McKoy, Xanthakos, Hislop	1984	Sherbrooke
3	1:26.41	York	Sharpe, Sealy, McKoy, Williams	1983	Toronto
4	1:26.48	Sherbrooke	Lissade, Greneir, Darbouze, Marchand	2000	McGill
5	1:26.56	Saskatchewan	Bailey, Drake, Tallon, Wilkins	2000	McGill
6	1:26.61	York	Dwyer, Lawrence, DeSimone, Vega Penso	1999	McGill
7	1:26.66	Sherbrooke	E. Montreuil, D. Montreuil, Perron, Grenier	2004	Windsor
8	1:26.69	York	Dwyer, DeSimone, Myers, Vega Penso	2000	McGill
9	1:26.81	Alberta	Fisher, Cross, Clare, Wright	2005	Manitoba
10	1:26.85	Western	Howie, Austin, Betty, Slade	1993	SkyDome, Toronto
4 x 400m Relay					
1	3:14.6	Western	Howie,Slade,Mooney,Lyons	1993	SkyDome, Toronto
2	3:15.21	Saskatchewan	Tuplin,Moser,Dunville,Drake	2000	McGill
3	3:15.94	Manitoba	Crump,Trepel,Plaxton,Goodwin	1992	Manitoba
4	3:16.03	Windsor	Soulliere,Herron,Folkes,Gibbons	1992	Manitoba
5	3:16.11	Sherbrooke	Rabemananjara,Croteau,Diedhiou, Marchand	1999	McGill
5	3:16.11	Sherbrooke	Doucet,Lahaye,Cote,Alain	1995	Manitoba
7	3:16.0	York	Palimino,Burnett,Wright,Yirenki	1993	SkyDome, Toronto
8	3:16.34	Manitoba	Goodwin,Fillion,Trepel,Sylvestre	1995	Manitoba
9	3:16.41	Western	McAuley, El Morsey, Zubair, Wason	2007	McGill
10	3:16.83	UBC	Walters, Primeau, Inglis, Williams	2000	McGill
4 x 800m Relay					
1	7:29.23	Manitoba	Fillion,Bima,Trepel,Goodwin	1995	Manitoba
2	7:32.80	Victoria	Wilmshurst,Bachop,Guille,Coey	1987	Saskatchewan
3	7:32.92	Victoria		1988	Manitoba
4	7:32.94	Toronto	Taborek,Ramphal,Sherar,Birke	1987	Saskatchewan
5	7:32.95	Alberta	Sully,Stewart,Aldridge,Swartz	1993	SkyDome, Toronto
6	7:33.91	Victoria	Mazzei, Green, Mallie, Martinson	2007	McGill
7	7:34.32	Toronto	Hall,Gregor,Matthais,Birke	1990	Manitoba
8	7:34.76	Dalhousie	Albert, Corbit, Harris, Jacobs	2007	McGill
9	7:34.78	Manitoba	Giesbrecht,Kemp,Dyck,Weber	1990	Manitoba
10	7:34.96	Windsor	Boyle,MacLeod,Petro,Tremain	1993	SkyDome, Toronto

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High Jump					
1	2.24	Alex Zaliauskas	Toronto	1993	SkyDome, Toronto
	2.21	Zaliauskas		1991	Windsor
2	2.20	Greg Joy	Toronto	1983	Toronto
3	2.19	Derek Watkins	Windsor	2007	McGill
4	2.18	Rob Pitter	Toronto	1981	Saskatchewan
	2.17	Zaliauskas		1992	Manitoba
5	2.15	Larry Helwig	Toronto	1985	Windsor
5	2.15	Kevin Harrison	Toronto	1986	Alberta
5	2.15	John Neufeld	Saskatchewan	1987	Saskatchewan
5	2.15	Anthony Black	Windsor	1993	SkyDome, Toronto
5	2.15	Steve Dovaston	Toronto	1981	Saskatchewan
5	2.15	Mark Dillon	Toronto	2006	Saskatchewan
	2.15	Zaliauskas		1997	Windsor
	2.15	Pitter		1982	Laval
Pole Vault					
1	5.65	Doug Wood	York	1992	Manitoba
	5.60	Wood		1994	Alberta
2	5.50	Francois Thenault	Sherbrooke	2001	Sherbrooke
	5.30	Thenault		1999	McGill
3	5.30	Jeff Hayhoe	York	1997	Windsor
	5.26	Wood		1991	Windsor
4	5.25	Todd Zubyck	York	2004	Windsor
5	5.20	Ryan Hvidston	Saskatchewan	1999	McGill
5	5.20	Paul Just	York	1991	Windsor
5	5.20	Kevin Lake	York	1992	Manitoba
	5.20	Just		1992	Manitoba
	5.20	Wood		1993	SkyDome, Toronto
	5.20	Hayhoe		1998	Windsor
8	5.15	Jamie Johnson	Alberta	2004	Windsor
9	5.10	Stuart Love	Victoria	1991	Windsor
9	5.10	Jeff Miller	Waterloo	1996	Windsor
9	5.10	John Zubyck	Windsor	2005	Manitoba
Long Jump					
1	7.64	Patrick Banim-Massock	Montreal	2003	Windsor
2	7.61	Craig Cavanagh	York	1999	McGill
	7.54	Cavanagh		1998	Windsor
3	7.53	Wade Huber	Regina	2006	Saskatchewan
4	7.50	Harry Sylvestre	Sherbrooke	1997	Windsor
4	7.50	Clayto Lathham	Windsor	2001	Sherbrooke
	7.48	Cavanagh	Windsor	2003	Windsor
6	7.47	Jonathon Moyle	Alberta	1993	SkyDome, Toronto
	7.47	Banim- Massok		2002	Sherbrooke
	7.45	Cavanagh		1997	Windsor
7	7.43	Sheridan Baptiste	Queens	1989	Sherbrooke
8	7.41	Mike Laberge	Manitoba	1996	Windsor
8	7.41	Ositadinma Nriagu	Windsor	2007	McGill
10	7.39	Ran Huget	Alberta	1994	Alberta

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Triple Jump					
1	15.80	Patrick Banim-Massock	Montreal	2003	Windsor
	15.69	Banim-Massock		2002	Sherbrooke
2	15.59	Shawn Peters	Regina	2001	Sherbrooke
	15.57	Banim-Massock	Montreal	2004	Windsor
3	15.53	Oral Ogilvie	Toronto	1989	Sherbrooke
	15.47	Banim-Massok	Laval	2000	McGill
4	15.43	Hugh Maguire	Manitoba	1987	Saskatchewan
	15.39	Peters		2000	McGill
	15.37	Ogilvie	Alberta	1991	Windsor
	15.32	Peters		1999	McGill
5	15.24	Derek Watkins	Windsor	2007	McGill
6	15.20	Keith Dyck	Manitoba	1990	Manitoba
7	15.18	Brent Fougner	Victoria	1981	Saskatchewan
7	15.18	Volker Seitz	Toronto	1994	Alberta
9	15.14	Ran Huget	Alberta	1996	Windsor
10	15.13	Marlon Nangle	York	2005	Manitoba
10	15.13	Jason Moss	Alberta	2007	McGill
Shot Put					
1	18.46	Chris Meisner	Lethbridge	2004	Windsor
2	17.52	Jim Steacy	Lethbridge	2007	McGill
3	17.23	Matt Doherty	Alberta	2007	McGill
4	17.21	Frank Balkovec	Toronto	1982	Laval
5	17.09	Kevin Pommer	Manitoba	1989	Sherbrooke
	16.95	Balkovec		1983	Toronto
	16.65	Steacy		2004	Windsor
	16.61	Balkovec		1984	Sherbrooke
6	16.57	Dariusz Slowik	Manitoba	2001	Sherbrooke
7	16.56	Justin Grief	Saskatchewan	2007	McGill
8	16.49	Brian Jones	Windsor	2006	Saskatchewan
9	16.40	Grant Chapman	Alberta	2002	Sherbrooke
10	16.38	Matt Codrington	Windsor	1997	Windsor

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Weight Throw					
1	23.61	Jim Steacy	Lethbridge	2007	McGill
	21.59	J Steacy		2005	Manitoba
	21.46	J Steacy		2004	Windsor
	20.45	J Steacy		2003	Windsor
2	20.27	Matt Doherty	Alberta	2007	McGill
3	20.06	Murray Heber	Alberta	2001	Sherbrooke
4	20.02	Dariusz Slowik	Manitoba	2001	Sherbrooke
	19.58	Heber		1999	McGill
5	18.69	Owen Willems	Guelph	2007	McGill
	18.60	Heber		2000	McGill
6	18.41	Chris Meisner	Lethbridge	2003	Windsor
	18.31	Doherty		2006	Saskatchewan
	18.13	Meisner		2004	Windsor
7	18.12	Adam Smith	Lethbridge	2003	Windsor
8	17.99	Mark Kindrachuk	Saskatchewan	2005	Manitoba
9	17.93	Sean Steacy	Lethbridge	2006	Saskatchewan
	17.77	Willems		2006	Saskatchewan
	17.74	S Steacy		2007	McGill
10	17.72	Geoff Dolan	Lethbridge	2000	McGill
Pentathlon					
1	3902	Jamie Adjetey-Nelson	Windsor	2004	Windsor
	3877	Adjetey-Nelson		2007	McGill
2	3856	Darren Peters	Regina	2004	Windsor
3	3834	Trevor Phillips	Calgary	2003	Windsor
	3812	Phillips		2000	McGill
4	3796	Craig Slaunwhite	Dalhousie	2003	Windsor
5	3791	Patrick Russell	York	2004	Windsor
6	3785	Antonie Scholtz	Windsor	1999	McGill
7	3772	Greg Urbanczyk	Lethbridge	2000	McGill
8	3753	Cliff Caines	Manitoba	2004	Windsor
	3724	Urbanczyk		1999	McGill
9	3665	Jesse Smith	Alberta	2003	Windsor
10	3659	Emery Tuplin	Saskatchewan	2000	McGill

Men's Winning Team Totals			
	138 **	Sherbrooke	2007
	95	Saskatchewan	1971
	89	Toronto	1986
	82.5	Manitoba	1994
	79	Sherbrooke	2000
	75	Manitoba	1988
	73	Manitoba	1995
	72	Manitoba	1989
	68	Saskatchewan	2002
	68	Sherbrooke	1999
	68	York	1983
	64	Sherbrooke	1998
	63	Windsor/Manitoba Tie	1992
	62	Windsor	1993
	62	York	1984
	61	Windsor	2003
	59	Windsor	2004
	59	Toronto	1985
	58	Manitoba	1996
	58	Toronto/Manitoba Tie	1990
	56	Toronto	1982
	56	Toronto	1981
	55	Saskatchewan	2005
	54	Alberta	2001
	53	Sherbrooke	1997
	52	Windsor	1991
	51	Saskatchewan	1987
	50	Saskatchewan	1970
	50	Windsor	2006

** 8 deep scoring system

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60m					
1	7.37	Sonja Paquette	Sherbrooke	1994	Alberta
2	7.43	Irma Grant	Windsor	1993	SkyDome, Toronto
3	7.44	Adrienne Power	Dalhousie	2005	Manitoba
4	7.44	Genevieve Thibault	Laval	2007	McGill
	7.45h	Paquette		1994	Alberta
	7.45	Paquette		1993	SkyDome, Toronto
	7.45h	Thibault		2007	McGill
5	7.46	Foy Williams	Toronto	1997	Windsor
5	7.46	Daniella Carrington	Waterloo	2003	Windsor
7	7.47	Molly Killingbeck	York	1985	Windsor
7	7.47	Laura Wilson	Trinity Westrer	2001	Sherbrooke
7	7.47	Adrienne Power	Dalhousie	2004	Windsor
	7.47	Paquette		1997	Windsor
10	7.49	Tanya Brothers	Manitoba	1983	Toronto
300m					
1	37.35	Adrienne Power	Dalhousie	2005	Manitoba
2	37.76	Jillian Richardson	Calgary	1987	Saskatchewan
3	37.78	Molly Killingbeck	York	1985	Windsor
4	37.88	Foy Williams	Toronto	1997	Windsor
	37.96	Williams		1998	Windsor
5	38.16	Alanna Yakiwchuk	Manitoba	1990	Manitoba
6	38.23	Power	Dalhousie	2004	Windsor
	38.32	Power		2003	Windsor
	38.33h	Killingbeck		1985	Windsor
7	38.39	France Gareau	York	1990	Manitoba
8	38.42	Lami Oyewumi	Toronto	1999	McGill
9	38.51	Carline Muir	Alberta	2006	Saskatchewan
10	38.61	Martine Cloutier-Leblanc	Montreal	2005	Manitoba

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600m					
1	1:27.63	Camille Cato	York	1984	Sherbrooke
2	1:28.13	Christine Slythe	Sherbrooke	1984	Sherbrooke
3	1:28.22	Molly Killingbeck	York	1985	Windsor
4	1:28.81	Gwen Wall	Saskatchewan	1984	Sherbrooke
5	1:29.51	Holly Ratzlaff	Calgary	2007	McGill
6	1:29.83	Jillian Richardson	Calgary	1987	Saskatchewan
	1:29.86	Wall		1985	Windsor
7	1:29.94	Alanna Yakiwchuk	Manitoba	1992	Manitoba
8	1:29.97	Sarah Ali-Khan	McGill	2003	Windsor
9	1:30.14	Nicki Knapp	McMaster	1988	Manitoba
10	1:30.20	Sue Porter	McMaster	1987	Saskatchewan
1000m					
1	2:42.81	Paula Schnurr	McMaster	1988	Manitoba
2	2:44.13	Trish Wellman	Victoria	1988	Manitoba
	2:44.68	Schnurr		1987	Saskatchewan
3	2:46.42	Nicole Sinn	York	1990	Manitoba
4	2:46.45	Christine Slythe	Sherbrooke	1983	Toronto
5	2:46.58	Sarah Ali-Khan	McGill	2003	Windsor
6	2:46.61	Elise Braithwaite	Toronto	1986	Alberta
7	2:46.67	Carolyn Comeau	Manitoba	1986	Alberta
8	2:46.82	Sharon Mackinnon	Queens	1988	Manitoba
	2:47.21	Braithwaite		1985	Windsor
9	2:47.45	Kathy Butler	Guelph	1993	SkyDome, Toronto
10	2:47.46	Mary Burzminski	Alberta	1983	Toronto
1500m					
1	4:16.41	Paula Schnurr	McMaster	1988	Manitoba
2	4:17.11	Robyn Meagher	Victoria	1988	Manitoba
	4:18.42	Meagher		1990	Manitoba
3	4:18.48	Ulla Marquette	Victoria	1985	Windsor
4	4:18.75	Megan Brown	Toronto	2007	McGill
5	4:19.05	Debbie Scott	Victoria	1981	Saskatchewan
6	4:19.13	Nathalie Cote	Ottawa	1997	Windsor
7	4:20.34	Carolyn Comeau	Manitoba	1985	Windsor
8	4:20.95	Sarah Dillabaugh	Waterloo	1997	Windsor
9	4:21.55	Jill Purola	Western	1985	Windsor
10	4:21.5	Kathy Butler	Guelph	1993	SkyDome, Toronto

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3000m					
1	9:04.88	Brenda Shackleton	Victoria	1988	Manitoba
2	9:14.69	Anne Marie Malone	Queens	1983	Toronto
3	9:14.82	Lucy Smith	Dalhousie	1990	Manitoba
4	9:16.42	Lisa Harvey	Calgary	1990	Manitoba
5	9:17.79	Sandra Anshuett	Western	1983	Toronto
6	9:21.43	Debbie Scott	Victoria	1982	Laval
7	9:21.46	Megan Brown	Toronto	2007	McGill
	9:22.65	Scott		1981	Saskatchewan
8	9:25.66	Beverly Bush	Alberta	1982	Laval
	9:27.26	Malone		1982	Laval
	9:28.87	Harvey		1991	Windsor
9	9:29.22	Birgit Otto	Alberta	1983	Toronto
10	9:29.79	Sandy Rettie	Manitoba	1985	Windsor
60m Hurdles					
1	8.23	Sonja Paquette	Sherbrooke	1997	Windsor
2	8.28	Jessica Zelinka	Calgary	2007	McGill
	8.28h	Paquette		1994	Alberta
	8.29	Paquette		1994	Alberta
	8.30p	Zelinka	Calgary	2004	Windsor
	8.32	Zelinka	Calgary	2004	Windsor
	8.33h	Paquette		1997	Windsor
	8.35	Paquette		1993	SkyDome, Toronto
3	8.37	Stephanie Wenner	Windsor	2004	Windsor
4	8.40	Angie Coon	York	1993	SkyDome, Toronto
	8.40	Zelinka	Western	2001	Sherbrooke
5	8.42	Genevieve Thibault	Laval	2007	McGill
6	8.45	Janna Nikkel	Manitoba	1994	Alberta
6	8.45h	Andrea Vinet	Saskatchewan	2005	Manitoba
	8.46p	Zelinka	Calgary	2007	McGill
8	8.47	Sylvia Forgrave	Waterloo	1985	Windsor
9	8.48h	Marie-Eve Dugas	UQAM	2006	Saskatchewan
	8.49	Vinet		2005	Manitoba
	8.49	Dugas		2006	Saskatchewan
10	8.50	Karen Bowen	Western	1983	Toronto
	8.50	Dugas		2005	Manitoba

Top 10 All Time Performers And Performances At The CIS Championships

4 X 200m Relay					
1	1:37.11	Windsor	Clarke,Grant,Laughton,Dinsmore	1993	SkyDome, Toronto
2	1:37.57	Saskatchewan	Boyd, Moffatt, Serby, Mengel	2000	McGill
3	1:38.06	Saskatchewan	Bennett,Moffatt,Boyd,Mengel	1999	McGill
4	1:38.34	Windsor	Clarke,Seymour,Poulin,Higgs	1995	Manitoba
5	1:38.40	Toronto	Williams,Pinnock,Cook,Oyewumi	1998	Windsor
6	1:38.57	Manitoba	Croxford,Brothers,Hadden,McCuaig	1984	Sherbrooke
7	1:38.63	Windsor	Clarke,Laughton,Smith,Dinsmore	1992	Manitoba
8	1:38.80	Windsor	Montcalm, Davis Shan., Davis Shav., Harrison	2007	McGill
9	1:38.81	Manitoba	Bailley, Kaye, Rose, McCaskill	2000	McGill
10	1:38.89	York	Nelson,Fillion,Cato,Killingbeck	1984	Sherbrooke
4 X 400m Relay					
1	3:45.83	Toronto	Pinnock,Mallon,Fletcher,Williams	1998	Windsor
2	3:46.45	Windsor	Grant,Lawton,Dinsmore,Vickers	1993	SkyDome, Toronto
3	3:46.50	Calgary	McDermid,Curda,Scringer,Richardson	1987	Saskatchewan
4	3:47.03	Saskatchewan	Rooks, Poole, Serby, Mosewich	2005	Manitoba
5	3:47.19	Saskatchewan	C.Wall,G.Wall,Kroll, Hlady	1985	Windsor
6	3:47.26	Manitoba	Brothers,Gilkes,Cooke,Hadden	1982	Laval
7	3:47.32	Toronto		1997	Windsor
8	3:47.47	Calgary	Czajkowski, Jones, Kaylor, St.Pierre	2005	Manitoba
9	3:47.77	Saskatchewan	Rollack,Warren,Bennett,Moffatt	1999	McGill
9	3:47.77	York	Bottos,Cumberbatch,Edeh,Killingbeck	1985	Windsor
4 X 800m Relay					
1	8:41.66	Victoria	Jones,Meagher,Shackleton,Wellman	1988	Manitoba
2	8:48.17	Alberta	Kallal,Cush,Burzminski,Otto	1983	Toronto
3	8:53.06	Manitoba	Isaacson, Cassidy, Trembath, Whalen	2005	Manitoba
4	8:55.13	McMaster	Knapp,Evans,Porter,Schnurr	1987	Saskatchewan
5	8:56.56	Windsor	Bielby,King,Graham,Vickers	1993	SkyDome, Toronto
6	8:56.57	McGill	Welsh,Penny,Ali-Khan,Dunn	1998	Windsor
7	8:56.63	Toronto	Brown, Elmhirst, Heale, Hein	2007	McGill
8	8:57.18	Saskatchewan	Hlady,Phillipow,Preston,Balezantis	1983	Toronto
9	8:57.50	Calgary	Sim, Jones, Slater, Kaylor	2005	Manitoba
10	8:57.65	Dalhousie	Sweet,Murray,Peters,Hoskins	1993	SkyDome, Toronto

Top 10 All Time Performers And Performances At The CIS Championships

High Jump					
1	1.87	Tammy Lutz	British Columbia	1986	Alberta
2	1.86	Jeannie Cockcroft	British Columbia	1985	Windsor
3	1.84	Catherine Bond	Toronto	1990	Manitoba
4	1.83	Kristen Matthews	York	2005	Manitoba
	1.82	Matthews	McMaster	2003	Windsor
	1.82	Cockcroft		1988	Manitoba
5	1.81	Shari Orders	Toronto	1987	Saskatchewan
5	1.81	Beth Stroud	Windsor	2001	Sherbrooke
	1.81	Cockcroft		1987	Saskatchewan
7	1.80	Sarah McDiarmid	British Columbia	1999	McGill
	1.80	Matthews		2002	Sherbrooke
	1.80	Bond		1989	Sherbrooke
	1.80	Matthews	York	2007	McGill
8	1.79	Alison Armstrong	Western	1983	Toronto
8	1.79	Olga Mankovskaya	York	2003	Windsor
8	1.79p	Jessica Zelinka	Calgary	2007	McGill
Pole Vault					
1	4.22	Kelsie Hendry	Saskatchewan	2005	Manitoba
	4.20	Hendry	Saskatchewan	2004	Windsor
	4.15	Hendry		2003	Windsor
2	4.01	Dana Ellis	Waterloo	2002	Sherbrooke
3	4.00	Adrienne Vangool	Saskatchewan	2004	Windsor
3	4.00	Janice Creighton	Windsor	2006	Saskatchewan
	4.00	Ellis		2001	Sherbrooke
	3.95	Vangool		2005	Manitoba
	3.95	Vangool		2006	Saskatchewan
	3.95	Vangool		2007	McGill
	3.85	Hendry		2002	Sherbrooke
5	3.82	Kristin Hagel	Saskatchewan	2000	McGill
6	3.80	Sue Kupper	Alberta	2004	Windsor
6	3.80	Arielle Mitchell	Lethbridge	2002	Sherbrooke
6	3.80	Becky Chambers	Toronto	1998	Windsor
6	3.80	Suzanne Fish	Toronto	2007	McGill
	3.80	Ellis		2000	McGill
10	3.75	Leah Vause	Saskatchewan	2006	Saskatchewan

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Long Jump					
1	6.24	Jocelyn Adu-Gyamfi	Toronto	2001	Sherbrooke
2	6.17	Alice Falaiye	Toronto	1999	McGill
3	6.14	Jane Cox	Alberta	1990	Manitoba
	6.14	Adu-Gyamfi		2004	Windsor
4	6.10	Stephanie Gouin	Windsor	1997	Windsor
	6.08	Cox		1991	Windsor
5	6.07	Michelle Hastick	York	1995	Manitoba
6	6.05	Vanessa Monar	Saskatchewan	1993	SkyDome, Toronto
7	6.02	Gisele Poulin	Windsor	1995	Manitoba
7	6.02	Althea Williams	Toronto	1997	Windsor
9	6.00	Kelly Dinsmore	Windsor	1994	Alberta
10	5.99	Jennifer Hunter	Lakehead	1996	Windsor
Triple Jump					
1	13.01	Kelly Dinsmore	Windsor	1993	SkyDome, Toronto
	12.95	Dinsmore		1994	Alberta
2	12.83	Althea Williams	Toronto	1998	Windsor
3	12.72	Janine Polischuk	Regina	2007	McGill
	12.71	Dinsmore		1995	Manitoba
4	12.66	Michelle Hastick	York	1995	Manitoba
	12.57	Williams		1997	Windsor
5	12.56	Kim Dyxkhoorn	Windsor	1999	McGill
	12.53	Williams		1996	Windsor
	12.48	Dyxkhoorn		1998	Windsor
6	12.42	Jennifer Williamson	York	1995	Manitoba
	12.42	Hastick		1994	Alberta
7	12.36	Erika Forster	British Columbia	1990	Manitoba
8	12.32	Jenna Goddard	Windsor	1997	Windsor
9	12.31	Kim Braithwaite	Windsor	2004	Windsor
9	12.31	Jama Ross	Toronto	1998	Windsor
Shot Put					
1	15.31	Shannon Kekula	Saskatchewan	1989	Sherbrooke
2	15.23	Melody Torcolacci	Queens	1985	Windsor
	15.00	Torcolacci		1984	Sherbrooke
3	14.93	Kate Forbes	Western	2002	Sherbrooke
4	14.74	Jessica Zelinka	Calgary	2007	McGill
	14.73	Forbes	Lethbridge	2005	Manitoba
5	14.55	Doreen Gardner	Lethbridge	1983	Toronto
6	14.48	Joanne Rothery	Saskatchewan	1990	Manitoba
7	14.69	Tanya Sawyers	Windsor	2001	Sherbrooke
	14.62	Forbes	Lethbridge	2004	Windsor
8	14.43	Tina McDonald	Toronto	1999	McGill
9	14.40	Suzanne Pecht	Lethbridge	1986	Alberta
10	14.39	Courtney Bovin	Windsor	2002	Sherbrooke

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Weight Throw					
1	19.66	Kate Forbes	Lethbridge	2005	Manitoba
	18.99	Forbes	Lethbridge	2004	Windsor
2	18.91	Megan Reid	Saskatchewan	2004	Windsor
	18.74	Reid		2005	Manitoba
	18.73	Reid		2006	Saskatchewan
	17.44	Forbes	Western	2002	Sherbrooke
3	17.36	Jenilee Way	Alberta	2006	Saskatchewan
	17.29	Way		2005	Manitoba
4	17.26	Karla Johnson	Saskatchewan	2001	Sherbrooke
	17.25	Way		2004	Windsor
5	17.20	Nathalie Thenor	Sherbrooke	2002	Sherbrooke
	17.18	Reid		2003	Windsor
6	16.99	Noreena Bodaglo	Manitoba	1999	McGill
	16.92	Thenor		2003	Windsor
7	16.83	Jennifer Brown	Saskatchewan	2005	Manitoba
	16.57	Thenor		2004	Windsor
	16.49	Thenor		2005	Manitoba
8	16.39	Heidi Epp	Saskatchewan	2005	Manitoba
9	16.38	Tina McDonald	Toronto	1999	McGill
10	16.33	Nicole Clarke	Queen's	1999	McGill
Pentathlon					
1	4380	Jessica Zelinca	Calgary	2007	McGill
	4062	Zelinka	Calgary	2004	Windsor
	3931	Zelinka	Calgary	2003	Windsor
	3887	Zelinka	Western	2001	Sherbrooke
2	3873	Samantha Anderson	Calgary	2004	Windsor
3	3791	Beth Stroud	Windsor	2001	Sherbrooke
	3771	Stroud		1999	McGill
4	3742	Lori Budd	Saskatchewan	1999	McGill
5	3693	Alicia Dobranowski	Dalhousie	2007	McGill
6	3687	Veronique Fortin	Sherbrooke	2005	Manitoba
7	3681	Jen Cotton	Western	2007	McGill
	3674	Cotten		2006	Saskatchewan
8	3664	Heather Loree	Guelph	2003	Windsor
9	3653	Sarah Junkin	Saskatchewan	2002	Sherbrooke
	3651	Anderson		2002	Sherbrooke
	3615	Fortin	Sherbrooke	2003	Windsor
10	3608	Shellie McParland	Western	2007	McGill

Top 10 All Time Performers And Performances At The CIS Championships

Winning Team Totals			
	103 **	Calgary	2007
	91.5	Saskatchewan	2004
	79	Toronto	1998
	75	Windsor	1993
	74	Windsor	1995
	71	Saskatchewan	2003
	69	Victoria	1971
	68	Manitoba	1970
	67	Saskatchewan	2005
	67	Windsor	1992
	66	Windsor	1996
	60	Toronto	1997
	60	York	1990
	60	Windsor	1994
	59	Windsor	2006
	57	Western Ontario	1982
	56	Calgary	1991
	55	Western Ontario	2002
	54	Toronto	1989
	54	Western Ontario	1983
	53	Saskatchewan	2000
	51	Saskatchewan	2001
	51	Windsor	1999
	50	Calgary	1987
	50	Saskatchewan	1986
	50	York	1984
	47	York	1988
	43	Western Ontario	1981
	42	Alberta/Saskatchewan	1985

** 8 deep scoring system