

CARLETON UNIVERSITY INDOOR TRACK & FIELD

All -Time Performers & Championship History

History of the Program

In the 2013-14 & 2014-15 academic years, Indoor Track & Field as a competitive “club” program was initiated for the Carleton Ravens. The team program was and is a co-operative effort between Carleton and the Ottawa Lions Track & Field Club. Athletes started out by participated in a highly competitive track program while awaiting an administrative move to eligibility to compete in a university conference championships.

In the 2015-16 season, the Raven’s moved to participation in the RSEQ (Quebec University Conference Championships) and rose to the occasion with 3 individual gold medals, 1 silver and 1 bronze medal.

In the 2016-17 season, Carleton joined the National University Sports Association in both cross country and track & field - newly re-named U-Sports from it previous title of the CIS. Again the Ravens introduced themselves abruptly at the National Championships with 3 individuals, capturing a silver and bronze medal and finishing 4th and 5th in 2 other events. Everything you need to know historically about the school’s history in track and field is recorded below.

CARLETON CONFERENCE STANDINGS & RSEQ CHAMPIONSHIPS RESULTS are located at the end of the RAVEN ALL-TIME LISTS

(As of March 12, 2018)

THE TOP PERFORMANCE IN EACH EVENT CATEGORY LIST ESTABLISHES THE CARLETON UNIVERSITY TEAM SCHOOL RECORD FOR EACH EVENT

BLUE = indicates a NEW PERFORMANCE from the current season (2017-18)

60 metres

	Birth	Date	Venue / City
MEN (7.99)			
7.05	Emmanuel Nwokobia	96	2018-02.23 uSher / Sherbrooke, QC @ RSEQ
7.06	Nwokobia	2018-01.20	Dome / Ottawa, ON
7.06	Nwokobia	2018-02.17	Dome / Ottawa, ON
7.07	Nwokobia	2017-02.24	Laval / Que. City, QC @ RSEQ - 3 rd
7.09	Nwokobia	2018-02.09	Ocean Breeze / Staten Island, NY
7.09	Victor Oguejiofor	96	2017-02.24 Laval / Que. City, QC @ RSEQ

7.13	Oguejiofor		2017-02.24	Laval / Ste-Foy, QC @ RSEQ
7.16	Oguejiofor		2017-01.27	McGill / Montreal, QC
7.17	Oguejiofor		2017-01.21	Dome / Ottawa, ON
7.22	Marcus Carrington	97	2016-02.20	Dome / Ottawa, ON
7.29	Carrington		2017-02.12	Cornell / Ithaca, NY
7.30	Carrington		2017-02.24	Laval / Ste-Foy, QC @ RSEQ
7.30	Cornelius Liburd	99	2018-02.23	uSherbrooke / Sherbrooke, QC
7.33	Telvin Tavenier	93	2017-03.09	U.Alberta / Edmonton, AB
7.51	Joseph Figliomeni	98	2018-02.11	Cornell / Ithaca, NY
7.52	Adeyemi Fatoye	98	2017-02.18	Dome / Ottawa, ON
7.53	Scott Peterson	95	2015-01.23	McGill / Montreal, QC
7.55	Hayden Fiset	93	2015-02.21	Dome / Ottawa, ON
7.55	Khameron Sikoulavong	98	2018-03.03	Dome / Ottawa, ON
7.58	Heloim Dimpengi	95	2018-02.17	Dome / Ottawa, ON
7.59	Benjamin Asamoah	98	2017-01.14	St. Lawrence U. / Canton, NY
7.67	Darien Leblanc	95	2015-01.10	Dome / Ottawa, ON
7.68	Mitchell Frizzell	97	2016-02-26	McGill / Montreal, QC
7.72	Zeph Ferdinand	94	2014-11.29	Dome / Ottawa, ON
7.79	Amr El-Naggar	95	2013-11.30	McGill / Montreal, QC
7.87	Trevor Boucher	95	2016-11.26	Dome / Ottawa, ON
7.90	Eddie Chen	95	2015-11.28	Dome / Ottawa, ON
7.91	Kieran Fleming	95	2014-01.25	McGill / Montreal, QC
7.94	Amin Safarini	92	2015-11.28	Dome / Ottawa, ON
7.94	Carter Neamtz	99	2018-01.20	Dome / Ottawa, ON
7.97	Dalton Clarke	96	2014-11.29	Dome / Ottawa, ON

WOMEN (9.99)

7.54	Amelia Brohman	94	2017-01.21	Dome / Ottawa, ON
7.55	Brohman		2017.03.09	U.Alberta / Edmonton, AB @ USport Nationals
7.58	Brohman		2017-02.10	Ocean Breeze, Staten Island, NY
7.99	Alexandra Telford	96	2017-02.23	uSherbrooke / Sherbrooke, QC
8.00	Telford		2018-02.23	uSherbrooke / Sherbrooke, QC
8.03	Telford		2018-02.17	Dome / Ottawa, ON
8.05	Telford		2018-02.17	Dome / Ottawa, ON
8.13	Roshanna Baker	98	2016-12.03	Ithaca College, Ithaca, NY
8.14	Baker		2017-01.14	St. Lawrence U. / Canton, NY
8.15	Baker		2017-02.12	Cornell / Ithaca, NY
8.19	Baker		2017-02-24	Laval / Ste-Foy, QC @ RSEQ Silver
8.30	Olivia Eaman	97	2016-01.26	Dome / Ottawa, ON
8.32	Tiffany Lindsay	94	2016-02.26	McGill / Montreal, QC
8.33	Tatiana Ambursley	95	2016-02.20	Dome / Ottawa, ON
8.41	Lindsay MacMillan	98	2018-02.23	uSherbrooke / Sherbrooke, QC
8.43	leasha Parris	96	2018-02.17	Dome / Ottawa, ON
8.47	Aaliyah Strachan	98	2017-02.18	Dome / Ottawa, ON
8.53	Coleka Massama	98	2017-02.12	Cornell / Ithaca, NY
8.64	Olivia Merritt	91	2015-11.28	Dome / Ottawa, ON
8.74	Nicole Istead	96	2017-11.25	Dome / Ottawa, ON
8.77	Amanda Jeysing	95	2016-02.06	Ithaca College / Ithaca, NY
8.85	Keely Gibb	98	2016-12.17	Dome / Ottawa, ON
8.87	Bridget Derraugh	96	2018-01.26	McGill / Montreal, QC
9.18	Dara Elebute	95	2015-01.10	Dome / Ottawa, ON
9.34	Ana Hanstead	97	2015-12.19	Dome / Ottawa, ON

9.35	Daneen Mbenoun	96	2015-11.28	Dome / Ottawa, ON
9.94	Stefany Galko	92	2015-11.28	Dome / Ottawa, ON
9.99	Dani Ferguson-Jamer	96	2017-11.25	Dome / Ottawa, ON

60 metre Hurdles

MEN

8.78	Telvin Tavernier	93	2017-03.10	U.Alberta / Edmonton, AB
8.86	Tavernier		2017-02.25	Laval / Ste-Foy, QC @ RSEQ - Silver
8.97	Tavernier		2016-12.17	Dome / Ottawa, ON
9.09	Mitchell Frizzell	97	2016-01.23	Dome / Ottawa, ON
9.21	Cornelius Liburd	99	2018-02.24	uSher / Sherbrooke, QC
9.32	Carter Neamtz	99	2018-02.24	uSher / Sherbrooke, QC
9.58	Connor Dobson	96	2015-01.24	McGill / Montreal, QC

WOMEN

9.56	Alexandra Telford	96	2018-02.23	uSher / Sherbrooke, QC @ RSEQ
10.81	Coleka Masama	98	2017-01.28	McGill / Montreal, QC
10.88	Nicole Istead	96	2018-03.03	Dome / Ottawa, ON

150 metres

MEN

(19.75)

17.35	Emmanuel Nwokobia	96	2015-11.28	Dome / Ottawa, ON
17.48	Cornelius Liburd	99	2017-11.25	Dome / Ottawa, ON
18.05	Joseph Figliomeni	98	2017-11.25	Dome / Ottawa, ON
18.11	Marcus Carrington	97	2015-11.28	Dome / Ottawa, ON
18.17	Scott Peterson	95	2015-01.10	Dome / Ottawa, ON
18.24	Darien Leblanc	95	2015-01.10	Dome / Ottawa, ON
18.26	Zeph Ferdinand	94	2014-11.29	Dome / Ottawa, ON
18.33	Khameron Sikoulavong	98	2017-11.25	Dome / Ottawa, ON
18.58	Mitchell Frizzell	97	2015-11.28	Dome / Ottawa, ON
18.70	Amin Safarini	92	2015.11.28	Dome / Ottawa, ON
18.80	Amr El-Naggar	95	2014-01.11	Dome / Ottawa, ON
18.98	Carter Neamtz	99	2017-11.25	Dome / Ottawa, ON
18.92	Dalton Clarke	96	2014-11.29	Dome / Ottawa, ON
19.13	Eddie Chen	95	2015-11.28	Dome / Ottawa, ON
19.33	Nicholas Milani	99	2017-11.25	Dome / Ottawa, ON
19.53	Gregory Larocque	99	2017-11.25	Dome / Ottawa, ON
19.55	Nic Perez	96	2015-11.28	Dome / Ottawa, ON

WOMEN

(23.50)

19.83	Alexandra Telford	96	2017-11.25	Dome / Ottawa, ON
20.22	leasha Parris	96	2017-11.25	Dome / Ottawa, ON
20.90	Tiffany Lindsay	94	2015-11.28	Dome / Ottawa, ON

20.92	Olivia Merritt	91	2015-11.28	Dome / Ottawa, ON
20.92	Lindsay MacMillan	98	2017-11.25	Dome / Ottawa, ON
21.06	Tatiana Ambursley	95	2015-11.28	Dome / Ottawa, ON
21.45	Nicole Istead	96	2017-11.25	Dome / Ottawa, ON
21.74	Brittney Osland	94	2015-01.10	Dome / Ottawa, ON
21.76	Amanda Jeysing	95	2015-11.28	Dome / Ottawa, ON
22.05	Desiree Racicot-Biocchi	95	2014-11.29	Dome / Ottawa, ON
22.25	Dara Elebute	95	2015-01.10	Dome / Ottawa, ON
22.39	Jane Curtis	99	2017-11.25	Dome / Ottawa, ON
23.33	Daneen Mbenoun	96	2015-11.28	Dome / Ottawa, ON
23.44	Ana Hanstead	97	2015-11.28	Dome / Ottawa, ON

200 metres

MEN (26.00)

23.08	Emmanuel Nwokobia	96	2015-03.07	Dome / Ottawa, ON
<small>23.11</small>	<small>Nwokobia</small>		<small>2018-03.03.</small>	<small>Dome / Ottawa, ON</small>
<small>23.36</small>	<small>Nwokobia</small>		<small>2018-02.09</small>	<small>Ocean Breeze / Staten Island, NY</small>
23.12	Cornelius Liburd	99	2018-03.03	Dome / Ottawa, ON
23.53	Kieran Fleming	95	2016-02.20	Dome / Ottawa, ON
23.75	Marcus Carrington	97	2016-02.20	Dome / Ottawa, ON
23.85	Thomas Saville	98	2018-03.03	Dome / Ottawa, ON
24.04	Telvin Tavernier	93	2016-02.20	Dome / Ottawa, ON
24.49	Scott Peterson	95	2015-03.07	Dome / Ottawa, ON
24.51	Mitchell Frizzell	97	2016-03.05	Dome / Ottawa, ON
24.56	Amin Safarini	92	2016-02.20	Dome / Ottawa, ON
24.71	Benjamin Asamoah	98	2016-12.17	Dome / Ottawa, ON
24.79	Darien Leblanc	95	2015-03.07	Dome / Ottawa, ON
25.16	Joseph Figliomeni	98	2018-03.03	Dome / Ottawa, ON
25.50	Heloim Dimpengi	95	2018-03.03	Dome / Ottawa, ON
25.65	Nick MacDonald	90	2013-12.14	St. Lawrence U. / Canton, NY
25.73	Carter Neamtz	99	2018-02.03	Ithaca College / Ithaca, NY
25.74	Amr El-Naggar	95	2014-01.17	St. Lawrence U. / Canton, NY
25.90	Nick Perez	96	2016-03.05	Dome / Ottawa, ON
25.96	Nicholas Milani	99	2018-03.03	Dome / Ottawa, ON

WOMEN (32.50)

25.32	Amelia Brohman	94	2016-02.12	BU / Boston, MA
26.43	Alexandra Telford	96	2018-02.09	Ocean Breeze / Staten Isl., NY
26.76	Roshanna Baker	98	2017-02.12	Cornell / Ithaca, NY
27.07	leasha Parris	96	2018-03.03	Dome / Ottawa, ON
27.28	Brittney Osland	94	2016-02.20	Dome / Ottawa, ON
27.36	Tatiana Ambursley	95	2016-02.20	Dome / Ottawa, ON
27.61	Tiffany Lindsay	94	2016-02.20	Dome / Ottawa, ON
27.71	Olivia Eaman	97	2016-02.20	Dome / Ottawa, ON
27.97	Aaliyah Strachan	98	2016-12.17	Dome / Ottawa, ON
27.97	Lindsay MacMillan	98	2017-03.04	Dome / Ottawa, ON
28.46	Amanda Jeysing	95	2016-02.20	Dome / Ottawa, ON
28.49	Coleka Masama	98	2017-02.12	Cornell / Ithaca, NY

29.83	Nicole Istead	96	2018-03.03	Dome / Ottawa, ON
29.16	Rebeca Richardo	94	2016-03.05	Dome / Ottawa, ON
29.20	Deborah Senyange	98	2016-02.20	Dome / Ottawa, ON
30.27	Dara Elebute	95	2015-03.07	Dome / Ottawa, ON
30.28	Jaston Stockall	99	2018-03.03	Dome / Ottawa, ON
30.81	Desiree Racicot-Biocchi	95	2015-03.07	Dome / Ottawa, ON
30.89	Jane Curtis	99	2018-03.03	Dome / Ottawa, ON
32.16	Daneen Mbenoun	96	2015-12.05	St. Lawrence U. / Canton, NY

300 metres

MEN

34.55	David Bobak	92	2016-02.27	McGill / Montreal, QC - RSEQ Gold
34.76	Bobak		2016-01.30	McGill / Montreal, QC
36.05	Cornelius Liburd	99	2018-02.17	Dome / Ottawa, ON
36.52	Liburd		2018-01.20	Dome / Ottawa, ON
36.53	Kieran Fleming	95	2016-02.27	McGill / Montreal, QC
36.79	Fleming		2017-01.21	Dome / Ottawa, ON
36.81	Fleming		2017-02.17	Dome / Ottawa, ON
37.36	Thomas Saville	98	2017-12.02	McGill / Montreal, QC
37.69	Emmanuel Nwokobia	96	2014-12.20	Dome / Ottawa, ON
37.96	Victor Oguejiofor	96	2017-01.28	McGill / Montreal, QC
38.22	Zeph Ferdinand	94	2015-01.10	Dome / Ottawa, ON
38.22	Marcus Carrington	97	2016-01.23	Dome / Ottawa, ON
38.29	Connor Dobson	96	2016-02.20	Dome / Ottawa, ON
38.73	Amin Safarini	92	2016-02.27	McGill / Montreal, QC
39.04	Scott Peterson	95	2015-01.24	McGill / Montreal, QC
39.06	Heloim Dimpengi	95	2018-02.17	Dome / Ottawa, ON
39.12	Amr El-Naggar	95	2015-01.24	McGill / Montreal, QC
39.15	Mitchell Frizzell	97	2016-01.23	Dome / Ottawa, ON
39.45	Nick MacDonald	90	2014-02.16	McGill / Montreal, QC
39.79	Joseph Figlimeni	98	2017-12.02	McGill / Montreal, QC
39.80	Dalton Clarke	96	2015-01.10	Dome / Ottawa, ON
39.93	Darien Leblanc	95	2015-01.24	McGill / Montreal, QC

WOMEN

41.58	Alexandra Telford	96	2018-02.11	Cornell / Ithaca, NY
41.86	Telford		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
42.27	Telford		2018-02.17	Dome / Ottawa, ON
42.34	Telford		2018-01.20	Dome / Ottawa, ON
42.38	Telford		2018-01.27	McGill / Montreal, QC
42.80	Telford		2016-02.27	McGill / Montreal, QC
42.66	Ieasha Parris	96	2018-02.17	Dome / Ottawa, ON
43.67	Parris		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
43.83	Parris		2017-12.02	McGill / Montreal, QC
43.15	Roshanna Baker	98	2017-02.18	Dome / Ottawa, ON
43.74	Tiffany Lindsay	94	2016-01.23	Dome / Ottawa, ON
43.77	Tatiana Ambursley	95	2017-01.21	Dome / Ottawa, ON
43.78	Brittney Osland	94	2016-02.20	Dome / Ottawa, ON
44.18	Olivia Eaman	97	2015-12.19	Dome / Ottawa, ON
44.23	Aaliyah Strachan	98	2017-01.14	St. Lawrence U. / Canton, NY
44.54	Lindsay MacMillan	98	2018-02.17	Dome / Ottawa, ON

44.74	Miryam Yakub Aga	99	2018-02.24	uSher / Sherbrooke, QC @ RSEQ
46.45	Amanda Jeysing	95	2016-02.20	Dome / Ottawa, ON
47.11	Rebeca Ricardo	94	2016-01.23	Dome / Ottawa, ON
47.13	Jane Curtis	99	2018-02.17	Dome / Ottawa, ON
47.91	Jaston Stockall	99	2018-02.17	Dome / Ottawa, ON
48.26	Dara Elebute	95	2015-02.21	Dome / Ottawa, ON
48.58	Ana Hanstead	97	2016-01.23	Dome / Ottawa, ON
49.66	Desiree Racicot-Biocchi	95	2015-02.07	Dome / Ottawa, ON
49.98	Stephania Novoa	94	2017-12.02	McGill / Montreal, QC
51.91	Sierra Matis	95	2015-02.07	Dome / Ottawa, ON
53.96	Stefany Galko	92	2015-01.10	Dome / Ottawa, ON

400 meters

MEN (58.50)

48.44	David Bobak	92	2015-02.14	Boston U. / Boston, MA
50.06	Sebastian Saville	94	2017-11.25	Dome / Ottawa, ON
51.37	Kieran Fleming	95	2016-03.05	Dome / Ottawa, ON
51.89	Thomas Saville	98	2017-03.04	Dome / Ottawa, ON
52.40	Telvin Tavernier	93	2016-12.17	Dome / Ottawa, ON
52.46	Connor Dobson	96	2016-02.13	Boston U. / Boston, MA
52.77	Cornelius Liburd	99	2017-11.25	Dome / Ottawa, ON
53.67	Nick MacDonald	90	2014-03.01	Dome / Ottawa, ON
53.82	James Bruce	95	2017-03.04	Dome / Ottawa, ON
53.98	Amin Safarini	92	2016-03.05	Dome / Ottawa, ON
54.90	Alex Maxwell	95	2017-11.25	Dome / Ottawa, ON
55.16	Dalton Clarke	96	2014-11.29	Dome / Ottawa, ON
55.29	Nick Grossi	93	2016-03.05	Dome / Ottawa, ON
55.35	Sebastian Spoerel-Connelly	97	2017-11.25	Dome / Ottawa, ON
55.69	Andrew DeChamplain	93	2015-11.28	Dome / Ottawa, ON
55.97	Amr El-Naggar	95	2014-01.17	St. Lawrence U. / Canton, NY
56.28	Ryan Dean	98	2017-03.04	Dome / Ottawa, ON
57.25	Joseph Figliomeni	98	2017-11.25	Dome / Ottawa, ON
58.50	Liam Bruce	97	2015-11.28	Dome / Ottawa, ON

WOMEN (1:09.99)

58.82	Alexandra Telford	96	2018-03.03	Dome / Ottawa, ON
1:01.72	Tatiana Ambursley	95	2017-03.04	Dome / Ottawa, ON
1:02.24	leasha Parris	96	2018-03.03	Dome / Ottawa, ON
1:02.52	Brittney Olsland	94	2016-02.12	BU / Boston, MA
1:02.80	Zeena Rashid	91	2017-03.04	Dome / Ottawa, ON
1:03.35	Tiffany Lindsay	94	2016-02.12	BU / Boston, MA
1:04.50	Rebeca Ricardo	94	2016-03.05	Dome / Ottawa, ON
1:06.39	Jaston Stockall	99	2018-03.03	Dome / Ottawa, ON
1:07.22	Jessica McRae	94	2014-11.29	Dome / Ottawa, ON
1:08.03	Emma Riley	94	2017-11.25	Dome / Ottawa, ON
1:08.18	Nicole Istead	96	2018-03.03	Dome / Ottawa, ON
1:08.19	Desiree Racicot-Biocchi	95	2014-11.29	Dome / Ottawa, ON

1:08.28	Lindsay MacMillan	98	2017-11.25	Dome / Ottawa, ON
1:08.41	Deborah Senyange	98	2016-03.05	Dome / Ottawa, ON
1:08.64	Jane Curtis	99	2018-03.03	Dome / Ottawa, ON
1:08.73	Dara Elebute	95	2014-11.29	Dome / Ottawa, ON

500 metres

MEN

1:09.08	Kieran Fleming	95	2016-02.06	Ithaca College / Ithaca, NY
1:09.31	Connor Dobson	96	2015-02.14	BU / Boston, MA
1:10.71	Telvin Tavernier	93	2016-11.26	Dome / Ottawa, ON
1:12.31	Nic Grossi	93	2016-11.26	Dome / Ottawa, ON
1:13.67	James Bruce	95	2016-11.26	Dome / Ottawa, ON
1:14.54	Ryan Dean	98	2016-11.26	Dome / Ottawa, ON
1:15.76	Seamus Hodgins	97	2016-11.26	Dome / Ottawa, ON
1:16.21	Dalton Clarke	96	2015-01.17	St. Lawrence U. / Canton, NY

WOMEN

1:23.68	Rebeca Ricardo	94	2016-02.12	BU / Boston, MA
1:23.87	leasha Parris	96	2018-02.03	Ithaca College / Ithaca, NY
1:26.05	Brittney Osland	94	2015-02.14	BU / Boston, MA

600 metres

MEN

1:34.00

1:17.45	Sebastian Saville	94	2018-01.20	Dome / Ottawa, ON
1:18.79	Saville		2017-03.11	U.Alberta / Edmonton, AB @ USport Nationals
1:19.20	Saville		2018-03.08	uW / Windsor, ON @ U-Sport
1:19.53	Saville		2018-01.26	McGill / Montreal, QC
1:19.76	Saville		2018-03.11	uW / Windsor, ON @ U-Sport
1:19.79	Saville		2017-03.09	U.Alberta / Edmonton, AB @ USport Nationals
1:20.07	Saville		2017-02.24	Laval / Ste-Foy, QC @ RSEQ
1:20.08	Saville		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
1:20.44	Saville		2017-02.12	Cornell / Ithaca, NY
1:23.78	Kieran Fleming	95	2017-02.18	Dome / Ottawa, ON
1:24.10	Thomas Saville	98	2017-02.18	Dome / Ottawa, ON
1:25.17	Thomas Saville	98	2018-02.17	Dome / Ottawa, ON
1:25.89	Nick MacDonald	90	2014-01.25	McGill / Montreal, QC
1:27.23	Connor Dobson	96	2015-01.10	Dome / Ottawa, ON
1:31.87	Charlie Brohman	98	2017-01.28	McGill / Montreal, QC
1:33.13	Amr El-Naggar	95	2013-11.30	McGill / Montreal, QC
1:33.98	Seamus Hodgins	97	2017-01.28	McGill / Montreal, QC

WOMEN

(2:00.00)

1:40.48	Miryam Yakub Aga	99	2018-02.17	Dome / Ottawa, ON
1:40.71	Yakub Aga		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
1:42.83	Yakub Aga		2018-02.11	Cornell / Ithaca, NY
1:44.54	Yakub Aga		2018-01.20	Dome / Ottawa, ON
1:40.95	leasha Parris	96	2018-01.20	Dome / Ottawa, ON
1:41.01	Parris		2017-02.17	Dome / Ottawa, ON

1:45.06	Parris	
1:46.42	Rebeca Ricardo	94
1:47.10	Brittney Osland	94
1:48.61	Jaston Stockall	99
1:52.60	Jane Curtis	99
1:52.71	Sierra Matis	95
1:52.74	Deborah Senyange	98
1:57.53	Lindsey MacMillan	98
1:58.38	Desiree Racicot-Biocchi	96

2017-12.02	McGill / Montreal, QC
2016-01.23	Dome / Ottawa, ON
2016-01.23	Dome / Ottawa, ON
2018-02.17	Dome / Ottawa, ON
2018-02.24	uSher / Sherbrooke, QC
2015-02.07	Dome / Ottawa, ON
2016-02.20	Dome / Ottawa, ON
2018-01.13	Laval / Quebec City, QC
2014-02.01	Dome / Ottawa, ON

800 meters

MEN

1:51.59	Sebastian Saville	94
1:52.72	Saville	
1:52.83	Saville	
1:53.44	Saville	
1:57.11	David Bobak	92
1:57.86	Alex Maxwell	95
1:58.25	Kieran Fleming	95
1:59.10	Thomas Saville	98
2:00.01	Nick MacDonald	90
2:00.25	Sebastian Spoerel-Connelly	97
2:02.47	James Bruce	95
2:03.50	Nick Grossi	93
2:05.27	Connor Dobson	96
2:08.74	Charlie Brohman	98
2:08.92	Andrew DeChamplain	93
2:10.11	Seamus Hodgins	97
2:10.59	Ryan Dean	98
2:17.59	Rohan Kulkarni	96

2018-01.20	Dome / Ottawa, ON
2017-01.20	Dome / Ottawa, ON
2017-02.04	Ithaca College / Ithaca, NY
2018-02.11	Cornell / Ithaca, NY
2015-03.07	Dome / Ottawa, ON
2018-01.19	Dome / Ottawa, ON
2017-03.04	Dome / Ottawa, ON
2017-03.04	Dome / Ottawa, ON
2014-03.01	Dome / Ottawa, ON
2018-01.19	Dome / Ottawa, ON
2018-01.20	Dome / Ottawa, ON
2016-02.13	Boston U. / Boston, MA
2015-03.07	Dome / Ottawa, ON
2017-03.04	Dome / Ottawa, ON
2016-02.13	Boston U. / Boston, MA
2016-02.13	Boston U. / Boston, MA
2017-01.20	Dome / Ottawa, ON
2015-03.07	Dome / Ottawa, ON

WOMEN

2:22.47	Zeena Rashid	91
2:27.14	Emma Riley	94
2:37.88	Jaston Stockall	99
2:40.94	Sierra Matis	95
2:42.90	Deborah Senyange	98
2:44.83	Rebeca Ricardo	94
2:45.17	Rachel Ostroff	91
2:54.69	Jenny Miller	93
2:58.48	Nicole Istead	96

2017-03.04	Dome / Ottawa, ON
2018-01.19	Dome / Ottawa, ON
2018-01.19	Dome / Ottawa, ON
2014-11.29	Dome / Ottawa, ON
2017-01.20	Dome / Ottawa, ON
2015-11.28	Dome / Ottawa, ON
2017-01.20	Dome / Ottawa, ON
2015-03.07	Dome / Ottawa, ON
2018-02.23	uSherbrooke / Sherbrooke, QC

1000 meters

MEN (2:59.99)

2:27.88	Sebastian Saville	95
2:29.80	Saville, S.	

2017-02.18	CRC / Montreal, QC
2018-01.13	Ocean Breeze / Staten Island, NY

2:32.03	Alex Maxwell	95
2:32.92	Maxwell	
2:37.71	Thomas Saville	98
2:38.52	Saville, T.	
2:38.89	James Bruce	95
2:39.93	Sebastian Spoerel-Connelly	97
2:41.89	Nick MacDonald	90
2:42.20	Nic Grossi	93
2:45.21	Cameron Macdonell	93
2:47.12	Kieran Fleming	95
2:47.72	Connor Dobson	96
2:48.36	Telvin Tavernier	93
2:48.49	Ryan Dean	98
2:48.51	Seamus Hodgins	97
2:51.74	Andrew De Champlain	93
2:53.05	Charlie Brohman	98
2:53.76	Liam Bruce	97
2:54.67	Mvuli, Charlie	98

WOMEN

3:11.90	Zeena Rashid	91
3:12.26	Rashid	1
3:15.36	Jessica McRae	94
3:18.48	Jessica Needham	92
3:25.41	Miryam Yakub Aga	99
3:28.54	Deborah Senyange	98
3:29.58	Jaston Stockall	99
3:38.12	Rachel Ostroff	91
3:38.36	Sierra Matis	95
3:42.99	Jenny Miller	93

1500 metres

MEN

3:59.50	Alex Maxwell	95
4:00.73	Maxwell	
4:02.12	Maxwell	
4:09.04	Maxwell	
4:15.47	Sebastian Spoerel-Connelly	97
4:18.24	Nic Grossi	93
4:21.10	James Bruce	95
4:23.15	David Mackie	93
4:28.39	Ryan Dean	98
4:31.45	Seamus Hodgins	97
4:34.81	Liam Bruce	97
4:42.06	Andrew De Champlain	93
4:43.99	Robert Graham	96
4:45.71	Darrell Hill	99
4:48.69	Rohan Kulkarni	96

2018-01.20	Dome / Ottawa, ON
2018-02.11	Cornell / Ithaca, NY
2017-01.21	Dome / Ottawa, ON
2017-02.25	Laval / Ste-Foy, QC @ RSEQ
2018-02.17	Dome / Ottawa, ON
2018-02.23	uSher / Sherbrooke, QC
2014-01.25	McGill / Montreal, QC
2016-02.20	Dome / Ottawa, ON
2017-02.18	Dome / Ottawa, ON
2015-01.23	McGill / Montreal, QC
2015-02.21	Dome / Ottawa, ON
2017-02.05	Ithaca College / Ithaca, NY
2017-01.27	McGill / Montreal, QC
2016-02.26	McGill / Montreal, QC
2015-12.19	Dome / Ottawa, ON
2017-01.21	Dome / Ottawa, ON
2016-01.29	McGill / Montreal, QC
2016-12.17	Dome / Ottawa, ON

2017-02.04	Ithaca College / Ithaca, NY
2015-02.13	Boston U. / Boston, MA
2015-01.10	Dome / Ottawa, ON
2016-02.06	Ithaca College / Ithaca, NY
2018-01.26	McGill / Montreal, QC
2016-02.26	McGill / Montreal, QC
2017-11.25	Dome / Ottawa, ON
2017-02.04	Ithaca College / Ithaca, NY
2015-01.10	Dome / Ottawa, ON
2015-02.21	Dome / Ottawa, ON

2017-01.27	McGill / Montreal, QC
2018-01.20	Dome / Ottawa, ON
2018-02.24	uSher / Sherbrooke, QC @ RSEQ
2017-12.02	McGill / Montreal, QC
2018-01.27	McGill / Montreal, QC
2016-02.27	McGill / Montreal, QC
2018-01.27	McGill / Montreal, QC
2014-12.20	Dome / Ottawa, ON
2017-01.28	McGill / Montreal, QC
2016-02.27	McGill / Montreal, QC
2016-01.30	McGill / Montreal, QC
2015-12.19	Dome / Ottawa, ON
2016-01.30	McGill / Montreal, QC
2018-01.27	McGill / Montreal, QC
2015-02.21	Dome / Ottawa, ON

WOMEN

4:52.53	Zeena Rashid	91	2017-02.18	Dome / Ottawa, ON
5:00.83	Emma Riley	94	2018-01.20	Dome / Ottawa, ON
5:05.39	Jessica McRae	94	2015-01.24	McGill / Montreal, QC
5:10.94	Savanna Boutin	94	2015-01.24	McGill / Montreal, QC
5:11.47	Jessica Needham	92	2016-01.30	McGill / Montreal, QC
5:32.24	Rachel Ostroff	91	2017-02.18	Dome / Ottawa, ON
5:41.82	Deborah Senyange	98	2015-12.19	Dome / Ottawa, ON

One Mile

MEN (5:59.00)

4:16.50	Alex Maxwell	95	2018-02.09	Ocean Breeze / Staten Isl., NY
4:37.90	Nick Grossi	93	2016-02.13	Boston U. / Boston, MA
4:43.85	James Bruce	95	2018-02.03	Ithaca College / Ithaca, NY
4:45.90	Ryan Dean	98	2017-03.04	Dome / Ottawa, ON
4:48.39	David Mackie	93	2014-12.13	St. Lawrence U. / Canton, NY
4:53.78	Seamus Hodgins	97	2017-02.04	Ithaca College / Ithaca, NY
4:57.28	Liam Bruce	97	2016-02.06	Ithaca College / Ithaca, NY
5:00.08	Andrew DeChamplain	93	2016-02.13	Boston U. / Boston, MA
5:05.03	Darrell Hill	99	2018-02.03	Ithaca College, Ithaca, NY
5:14.97	Rohan Kulkarni	96	2015-02.14	Boston U. / Boston, MA
5:52.65	Charles-Antoine Brosseau	95	2017-01.14	St. Lawrence U. / Canton, NY

WOMEN

5:27.56	Jessica McRae	94	2015-01.31	The Armory / NYC, NY
5:28.96	Zeena Rashid	91	2017-02.04	Ithaca College / Ithaca, NY
5:30.35	Emma Riley	94	2018-02.03	Ithaca College / Ithaca, NY
6:02.24	Rachael Ostroff	91	2017-03.04	Dome / Ottawa, ON
6:10.45	Christina Rehbein	79	2014-12.13	St. Lawrence U. / Canton, NY
6:38.55	Chelsea Ferguson	96	2015-11.28	Dome / Ottawa, ON
6:54.63	Stefany Galko	92	2104-11.29	Dome / Ottawa, ON
7:09.74	Rebecca Richardo	94	2013-12.14	St. Lawrence U. / Canton, NY

3000 metres

MEN (10:30.00)

8:29.44	Alex Maxwell	95	2018-02.17	Dome / Ottawa, ON
8:36.98	Maxwell		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
8:41.61	Maxwell		2018-01.13	Ocean Breeze / Staten Isl., NY
8:52.91	Maxwell		2017-12.02	McGill / Montreal, QC
9:09.58	Sebastian Spoerel-Connelly	97	2018-02.24	uSher / Sherbrooke, QC @ RSEQ
9:14.68	Sebastian Saville	95	2017-11.25	Dome/ Ottawa, ON
9:45.78	David Mackie	93	2014-12.20	Dome / Ottawa, ON
9:41.66	Ryan Dean	98	2017-02.18	Dome / Ottawa, ON
9:46.99	Seamus Hodgins	97	2017-02.18	Dome / Ottawa, ON

9:52.06	Darrell Hill	99	2018-02.17	Dome / Ottawa, ON
9:54.99	Nick Grossi	93	2015-11.28	Dome / Ottawa, ON
9:59.55	Liam Bruce	97	2015-11.28	Dome / Ottawa, ON
10:05.64	James Bruce	95	2017-11.25	Dome / Ottawa, ON
10:26.22	Robert Graham	96	2016-02.20	Dome / Ottawa, ON
10:29.13	Andrew DeChamplain	93	2015-11.28	Dome / Ottawa, ON

WOMEN (12:00.00)

10:37.81	Jessie Lilly	93	2017-01.21	Dome / Ottawa, ON
10:41.19	Emma Riley	94	2018-02.17	Dome / Ottawa, ON
10:41.41	Riley		2018-02.03	Ithaca College / Ithaca, NY
10:47.17	Riley		2018-02.24	uSher / Sherbrooke, QC @ RSEQ
10:45.21	Leah Laroque	89	2014-01.11	Dome / Ottawa, ON
10:47.01	Savanna Boutin	94	2015-02.07	Dome / Ottawa, ON
10:53.86	Jessica McRae	94	2014-01.30	The Armory / NYC, NY
10:54.14	Jessica Needham	92	2015-12.19	Dome / Ottawa, ON
11:18.10	Christina Rehbein	79	2016-01.23	Dome / Ottawa, ON

5000 metres

MEN (18:00.00)

15:05.31	Alex Maxwell	95	2018.03.03	Dome / Ottawa, ON
17:04.61	Nic Grossi	93	2017-03.04	Dome / Ottawa, ON
17:05.50	Sebastian Spoerel-Connelly	97	2017-11.25	Dome / Ottawa, ON
17:26.33	Liam Bruce	97	2017-03.04	Dome / Ottawa, ON
17:47.94	Seamus Hodgins	97	2017-03.04	Dome / Ottawa, ON
17:48.50	Ryan Dean	98	2018-03.03	Dome / Ottawa, ON
17:53.21	Robert Graham	96	2016-03.05	Dome / Ottawa, ON

WOMEN (21:00.00)

18:43.20	Savanna Boutin	94	2015-02.13	Boston U. / Boston, MA
18:53.39	Emma Riley	94	2017-11.25	Dome / Ottawa, ON
18:54.15	Riley		2018-01.13	Ocean Breeze / Staten Island, NY
19:18.71	Christina Rehbein	79	2016-03.05	Dome / Ottawa, ON
19:32.57	Jessica Needham	92	2015-11.28	Dome / Ottawa, ON
19:45.66	Jessica McRae	94	2015-03.07	Dome / Ottawa, ON

4 x 200 metre Relay

MEN

1:32.20	Emmanuel Nwokobia, Thomas Saville Kieran Fleming, Cornelius Liburd		2018-01.20	Dome / Ottawa, ON
1:32.35	Emmanuel Nwokobia, David Bobak Kieran Fleming, Connor Dobson (23.2, 22.9, 24.2, 23.9)		2016-02.26	McGill / Montreal, QC
1:32.84	Emmanuel Nwokobia, David Bobak		2016-01.29	McGill / Montreal, QC

	Kieran Fleming, Telvin Tavernier (23.2, 22.0, 23.6, 24.0)		
1:32.92	Emmanuel Nwokobia, Thomas Saville Sebastian Saville, Cornelius Liburd (23.4, 23.3, 22.8, 23.4)	2018-02.23	uSher / Sherbrooke, QC
1:33.70	Cornelius Liburd, Thomas Saville Carter Neamtz, Emmanuel Nwokobia (22.8, 23.5, 24.6, 22.4)	2018-01.26	McGill / Montreal, QC
1:33.78	David Bobak, Emmanuel Nwokobia Scott Peterson, Connor Dobson (22.4, 23.2, 24.0, 24.2)	2015-01.24	McGill / Montreal, QC
1:34.77	Emmanuel Nwokobia, David Bobak Zeph Ferdinand, Amr El-Naggar	2015-01.10	Dome / Ottawa, ON
1:35.45	Victor Oguejofor, Sebastian Saville Marcus Carrington, Emmanuel Nwokobia	2017-02.24	Laval / Que. City, QC @ RSEQ
1:36.22	Emmanuel Nwokobia, Kieran Fleming Thomas Saville, Cornelius Liburd	2018-01.13	Laval / Quebec City, QC
1:38.06	Telvin Tavernier, Scott Peterson Darien Leblanc, Dalton Clarke	2015-01.10	Dome / Ottawa, ON
1:38.80	Emmanuel Nwokobia, Amr El-Naggar Kieran Fleming, Nick MacDonald	2014-01.25	McGill / Montreal, QC
1:39.27	Scott Peterson, Darien Leblanc Amr El-Naggar, Telvin Tavernier	2015-01.17	St. Lawrence U. / Canton, NY

WOMEN

1:46.20	Amelia Brohman, Alexandra Telford Tatiana Ambursley, Brittney Osland (25.5, 26.8, 27.0, 26.9)	2016-02.26	McGill / Montreal, QC
1:47.49	Amelia Brohman, Tatiana Ambursley Roshanna Baker, Aaliyah Strachan	2017-01.21	Dome / Ottawa, ON
1:47.71	Amelia Brohman, Tatiana Ambursley Roshanna Baker, Aaliyah Strachan (25.4, 28.2, 26.5, 27.6)	2017-01.21	Dome / Ottawa, ON
1:48.11	Amelia Brohman, Tatiana Ambursley Roshanna Baker, Zeena Rashid	2017-02.24	Laval / Quebec City, QC @ RSEQ
1:48.18	Amelia Brohman, Tatiana Ambursley Olivia Eaman, Tiffany Lindsay (25.8, 26.9, 28.3, 27.3)	2016-01.29	McGill / Montreal, QC
1:48.49	Olivia Eaman, Amelia Brohman Tiffany Lindsay, Tatiana Ambursley	2016-01.23	Dome / Ottawa, ON
1:50.20	Alexandra Telford, Lindsay MacMillan leasha Parris, Miryam Yakub Aga (27.4, 27.3, 27.2, 28.3)	2018-02.23	uSher / Sherbrooke, QC
1:50.70	Alexandra Telford, Lindsay MacMillan leasha Parris, Nicole Istead	2018-01.20	Dome / Ottawa, ON
1:52.47	Alexandra Telford, Brittney Osland, Rebecca Ricardo, Amanda Jeysing (27.3, 27.4, 28.9, 28.7)	2016-01.29	McGill / Montreal, QC
1:52.92	Alexandra Telford, Bridget Derraugh leasha Parris, Jane Curtis (27.4, 29.4, 26.7, 29.7)	2018-01.26	McGill / Montreal, QC
1:54.45	leasha Parris, Nicole Istead Miryam Yakub Aga, Bridget Derraugh (27.3, 29.6, 28.6, 28.6)	2018-02.03	Ithaca College / Ithaca, NY
1:56.81	Brittany Osland, Ana Hanstead Amanda Jeysing, Rebeca Ricardo	2016-01.23	Dome / Ottawa, ON
1:57.38	Roshanna Baker, Aaliyah Strachan, Coleka Masama, Keely Gibb	2016-01.23	Dome / Ottawa, ON
2:11.51	Desiree Racicot-Biocchi, Rebeca Ricardo Savanna Boutin, Jessica McRae	2013-11.30	McGill / Montreal, QC

4 x 400 metre Relay

MEN

3:28.13	Kieran Fleming, Sebastian Spoerel-Connelly Sebastian Saville, Thomas Saville	2018-01.27	McGill / Montreal, QC
3:29.80	Kieran Fleming, David Bobak, Connor Dobson, Nick Grossi (51.9, 50.8, 53.2, 53.9)	2016-02.13	BU / Boston, MA
3:30.20	Kieran Fleming, Nick Grossi, Thomas Saville, Sebastian Saville	2017-02.25	Laval / Ste-Foy, QC @ RSEQ - Bronze
3:31.39	Kieran Fleming, David Bobak Connor Dobson, Scott Peterson (52.8, 50.4, 53.5, 54.6)	2015-02.14	BU / Boston, MA
3:31.45	Kieran Fleming, Sebastian Saville, Mitchell Frizzell, Connor Dobson	2015-12.19	Dome / Ottawa, ON
3:31.51	Kieran Fleming, Sebastian Saville Cornelius Liburd, Thomas Saville (53.5, 50.1, 55.2, 52.6)	2018-02.24	uSher / Sherbrooke, QC
3:33.35	Connor Dobson, David Bobak Kieran Fleming, Scott Peterson (54.5, 49.4, 54.0, 55.3)	2015-01.24	McGill / Montreal, QC
3:34.20	Connor Dobson, David Bobak, Kieran Fleming, Telvin Tavernier (54.6, 49.9, 54.3, 55.3)	2015-12.19	Dome / Ottawa, ON
3:40.79	Kieran Fleming, Zeph Ferdinand Darien Leblanc, Nick Grossi	2015-02.07	Dome / Ottawa, ON
3:42.91	Kieran Fleming, Sebastian Saville Marcus Carrington, Rohan Kulkarni (53.5, 49.9, 57.9, 60.9)	2016-01.16	St. Lawrence U. / Canton, NY
3:44.32	Connor Dobson, Kieran Fleming Dalton Clark, Nick Grossi	2015-01.17	St. Lawrence U. / Canton, NY
3:46.51	Kieran Fleming, Connor Dobson Nick Grossi, Rohan Kulkarni	2015-01.10	Dome / Ottawa, ON

WOMEN

4:14.38	leasha Parris, Alexandra Telford, Miryam Yakub Aga, Lindsay MacMillan (63.2, 61.6, 62.9, 66.6)	2018-02.24	uSher / Sherbrooke, QC @ RSEQ
4:16.37	leasha Parris, Alexandra Telford, Jane Curtis, Miryam Yakub Aga (62.4, 60.8, 69.9, 63.2)	2018-01.27	McGill / Montreal, QC
4:18.75	Brittney Osland, Tiffany Lindsay, Rebeca Richardo, Deborah Senyange (64.1, 63.9, 64.1, 66.5)	2016-02.06	Ithaca College / Ithaca, NY
4:22.33	Zeena Rashid, Jessica McRae Brittney Osland, Desiree Racicot-Biocchi	2015-01.17	St. Lawrence U. / Canton, NY
4:24.00	Miryam Yakub Aga, Lindsay MacMillan leasha Parris, Jaston Stockall (63.8, 66.6, 64.5, 69.1)	2016-02.11	Cornell / Ithaca, NY

4:25.87	Brittney Osland, Tiffany Lindsay, Rebeca Richardo, Deborah Senyange	2016-02.27	McGill / Montreal, QC
4:26.69	Tatiana Ambursley, Tiffany Lindsay, Rebeca Richardo, Amanda Jeysing (69.3, 64.9, 64.2, 68.3)	2016-02.06	Ithaca College / Ithaca, NY
4:30.55	Brittney Osland, Zeena Rashid Jessica McRae, Desiree Racicot-Biocchi	2015-01.17	St. Lawrence U. / Canton, NY
4:34.60	Brittney Osland (65.7), Rebeca Ricardo (67.9) Jessica McRae (67.9), Sierra Matis (73.1)	2015-02.13	Boston U. / Boston, MA
4:34.20	Tiffany Lindsay, Brittney Osland Tatiana Ambursley, Rebeca Richardo (67.6, 66.4, 72.5, 67.3)	2016-01.16	St. Lawrence U. / Canton, NY
4:46.12	Tatiana Ambursley, Tiffany Lindsay, Rebeca Richardo, Boo Racicot-Biocchi	2015-12.05	St. Lawrence U. / Canton, NY
4:53.64	Brittney Osland, Sierra Matis Dara Elebute, Stefany Galko	2015-01.10	Dome / Ottawa, ON
4:53.64	Rebeca Ricardo, Desiree Racicot-Biocchi Jessica McRae, Savanna Boutin	2014-01.17	St. Lawrence U. / Canton, NY

4 x 800 metre Relay

MEN

8:00.87	James Bruce, Sebastian Spoerel-Connelly Sebastian Saville, Alex Maxwell (2:04, 2:03, 1:54, 1:59)	2018-01.26	McGill / Montreal, QC
8:09.64	Kieran Fleming, James Bruce, Thomas Saville, Sebastian Saville (2:07, 2:07, 2:00, 1:54)	2017-02.24	Laval / Ste-Foy, QC @ RSEQ - Silver
8:11.00	Sebastian Saville, Thomas Saville Kieran Fleming, James Bruce (1:55, 2:01, 2:08, 2:04)	2017-01.27	McGill / Montreal, QC
8:12.40	Sebastian Spoerel-Connelly, Tom Saville Sebastian Saville, James Bruce (2:03, 2:04, 2:00, 2:05)	2018-02.23	uSher / Sherbrooke, QC
8:42.71	Nick Grossi, Sebastian Saville Rohan Kulkarni, Robert Graham (2:05, 1:53, 2:24, 2:19)	2016-01.23	Dome / Ottawa, ON
8:47.11	Kieran Fleming, Liam Bruce Sebastian Spoerel-Connelly, Seamus Hodgins (2:03, 2:13, 2:14, 2:14)	2016-01.23	Dome / Ottawa, ON

WOMEN

10:57.32	Deborah Senyange, Rebeca Richardo Christina Rehbein, Brittany Osland (2:47, 2:41, 2:42, 2:39)	2016-01.23	Dome / Ottawa, ON
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Distance Medley Relay

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

MEN

11:27.81 Sebastian Saville (3:17), Connor Dobson (56),
Andrew DeChamplain (2:16), Nick Grossi (4:58)

12:03.47 Thom Saville, James Bruce,
Kieran Fleming, Nick Grossi

2015-12-05 St. Lawrence U. / Canton, NY

2017-01-14 St. Lawrence U. / Canton, NY

WOMEN

13:37.55 Savanna Boutin (4:03), Rebeca Ricardo (73.0),
Sierra Matis (2:45), Jessica McRae (5:38)

2015-02-14 Boston U. / Boston, MA

Field Events

Pole Vault

MEN

4.82 Telvin Tavernier 93

4.70 Tavernier

4.70 Tavernier

4.58 Tavernier

4.55 Tavernier

4.55 Tavernier

4.55 Tavernier

4.50 Tavernier

4.50 Tavernier

4.44 Tavernier

3.61 Howie Silvey 95

2017-03.11 U.Alberta, Edmonton, AB
@ USport Nationals -3rd

2017-03.04 Dome / Ottawa, ON

2017-03.10 U.Alberta / Edmonton, AB @ Usport Nationals

2015-02.21 Dome / Ottawa, ON

2015-01.17 St. Lawrence U. / Canton, NY

2015-01.24 McGill / Montreal, QC

2015-02.14 Boston U. / Boston, MA

2015-02.27 McGill / Montreal, QC - RSEQ - Silver

2017-02.24 Laval / Ste-Foy, QC - RSEQ - Gold

2016-12-03 Brockport College / Brockport, NY

2014-01.11 Dome / Ottawa, ON

WOMEN

2.21 Jaston Stockall 99

2018-02.17 Dome / Ottawa, ON

High Jump

MEN

1.93	Telvin Tavernier	93	2017-03.09	U.Alberta / Edmonton, AB
1.85	Tavernier		2016-02.06	Ithaca College / Ithaca, NY
1.85	Tavernier		2016-02.26	McGill / Montreal, QC
1.86	Adeyemi Fatoye	98	2016-12.17	Dome / Ottawa, ON
1.86	Fatoye		2017-01.21	Dome / Ottawa, ON
1.86	Fatoye		2017-02.18	Dome / Ottawa, ON
1.85	Fatoye		2017-02.25	Laval / Ste-Foy, QC @ RSEQ

WOMEN

1.35 Nicole Istead 96 2018-02.23 uSher / Sherbrooke, QC

Long Jump

MEN (5m50)

6.95	Telvin Tavernier	93	2017-02.04	Ithaca College / Ithaca, NY
6.75	Tavernier		2016-12.02	Brockport Coll. / Brockport, NY
6.79	Tavernier		2017-03.09	U.Alberta / Edmonton, AB
6.52	Tavernier		2017-02.25	Laval / Ste-Foy, QC @ RSEQ - Silver
6.40	Marcus Carrington	97	2017-02.12	Cornell / Ithaca, NY
6.40	Carrington		2017-02.25	Laval / Ste-Foy, QC @ RSEQ
5.96	Adeyemi Fatoye	98	2017-02.25	Laval / Ste-Foy, QC @ RSEQ
5.75	Benjamin Asamoah	98	2017-03.04	Dome / Ottawa, ON
5.74	Heloim Dimpengi	95	2018-01.20	Dome / Ottawa, ON

WOMEN (4m50)

5.00	Olivia Eaman	97	2016-01.23	Dome / Ottawa, ON
4.87	Keely Gibb	98	2017-01.14	St. Lawrence U. / Canton, NY

Triple Jump

MEN

Yet to be contested

WOMEN

10.54	Coleka Masama	98	2017-01.14	St. Lawrence U. / Canton, NY
10.35	Keely Gibb	98	2017-01.14	St. Lawrence U. / Canton, NY

Shot Put

MEN

12.64	Stephen James	96	2017-01.21	Dome / Ottawa, ON
12.44	Telvin Tavernier	93	2017-03.09	U.Alberta / Edmonton, AB

WOMEN

11.15	Dani Ferguson-Jamer	96	2017-01.28	McGill / Montreal, QC
10.99	Ferguson-Jamer		2017-01.21	Dome / Ottawa, ON
10.96	Ferguson-Jamer		2018-01.20	Dome / Ottawa, ON
10.93	Ferguson-Jamer		2018-02.23	uSher / Sherbrooke, QC
8.31	Nicole Istead	96	2018-03.03	Dome / Ottawa, ON

Weight Throw

MEN 35lb Weight

13.80	Stephen James	96	2018-02.11	Cornell / Ithaca, NY
13.72	James		2018-01.13	Laval / Quebec City, QC
13.63	James		2018-01.20	Dome / Ottawa, ON
13.22	James		2018-02.24	uSher / Sherbrooke, QC
13.20	James		2017-02.24	Laval / Quebec City, QC @ RSEQ
10.85	Alec Jeffery	98	2018-01.13	Laval / Quebec City, QC

WOMEN 20lb Weight

14.61	Dani Ferguson-Jamer	96	2018-02.24	uSher / Sherbrooke, QC @ RSEQ
14.09	Ferguson-Jamer		2018-01.20	Dome / Ottawa, ON
13.87	Ferguson-Jamer		2018-01.26	McGill / Montreal, QC
13.84	Dani Ferguson-Jamer		2017-03.04	Dome / Ottawa, ON
13.60	Ferguson-Jamer		2018-02.17	Dome / Ottawa, ON
13.52	Ferguson-Jamer		2018-01.13	Laval / Quebec City, QC
13.38	Ferguson-Jamer		2017-02.12	Cornell / Ithaca, NY

Heptathlon

MEN

5267 pts	Telvin Tavernier	93	2017-03.09-10	U.Alberta / Edmonton, AB
				7.33, 6.79, 12.44, 1.93 (2906) / 8.78, 4.70, 2:51.75 @ USport Nationals - Silver
5077 pts	Tavernier		2017-02.04-05	Ithaca College / Ithaca, NY

4894 pts	7.45, 6.95, 12.23, 1.83 / 9.07, 4.50, 2:48.36 Tavernier	2016-12.02-03	Brockport Coll / Brockport, NY
4852 pts	7.43, 6.75, 11.56, 1.79 / 9.12, 4.44, 2:52.34 Tavernier	2017-01.14-15	St. Lawrence U. / Canton, NY
4677 pts	7.48, 6.67, 11.69, 1.78 / 9.03, 4.35, 2:52.04 Tavernier	2016-02.06-07	Ithaca College / Ithaca, NY
4652 pts	7.46, 6.52, 11.33, 1.85 / 9.34, 4.40, 3:05.73 Tavernier	2016-02.26-27	McGill / Montreal, QC - RSEQ GOLD!
	7.55, 6.30, 10.88, 1.70 / 9.32, 4.50, 3:00.92		

Pentathlon

WOMEN

2053 pts **Nicole Istead** **96** **2018-02.23** **uSher / Sherbrooke, QC @ RSEQ**
 11.09, 1.35, 7.70, 4.02, 2:58.48

Quebec University (RSEQ) Conference Championships Carleton Team Scoring

Men

Women

2018	5 th (54 pts) / 8 Schools	2018	5 th (31 pts) / 6 Schools
2017	3 rd (46 pts) / 7 Schools	2017	5 th (8pts) / 7 Schools
2016	5 th (33 pts) / 6 Schools	2016	5 th (14ptst) / 6 Schools

RSEQ Conference Medalists & Top 8 Placing Athletes

1st Place Finish = All - RSEQ 1st Team Award / 2nd Place Finish = All - RSEQ 2nd Team Award

Year	Place	Athlete	Event	Performance
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2018 hosted by Sherbrooke	2 nd	Sebastian Saville	600m	1:20.08
	2 nd	Dani Ferguson-Jamer	Weight Throw	14.61
	3 rd	Alex Maxwell	3000m	8:36.98
	3 rd	Emanuel Nwokobia	60m	7.05
	3 rd	Emmanuel Nwokobia, Tom Saville, Sebastian Saville, Cornelius Liburd	4 x 200m Relay	1:32.92
	3 rd	Kieran Fleming, Sebastian Saville, Cornelius Liburd, Tom Saville	4 x 400m Relay	3:31.51
	3 rd	Sebastian Spoerel-Connelly, Tom Saville, Sebastian Saville, James Bruce	4 x 800m Relay	8:12.40
	4 th	Sebastian Saville	1000m	2:32.57
	5 th	Cornelius Liburd	60m Hurdles	9.38
	5 th	Alex Maxwell	1500m	4:02.12
	5 th	Dani Ferguson-Jamer	Shot Put	10.93
	5 th	Alexandra Telford, Lindsey MacMillan, leasha Parris, Miryam Yakub Aga	4 x 200m Relay	1:50.20
	5 th	leasha Parris, Alexandra Telford, Miryam Yakub Aga, Lindsey MacMillan	4 x 400m Relay	4:14.38
	6 th	Nicole Istead	Pentathlon	2053 pts
	6 th	Stephen James	Weight Throw	13.22
	6 th	Alexandra Telford	300m	41.86
	6 th	Alexandra Telford	60m Hurdles	9.56
7 th	Alexandra Telford	60m	7.99	

2017 hosted by Laval	1 st	Sebastian Saville	600m	1:20.07
	1 st	Telvin Tavernier	Pole Vault	4m50
	2 nd	Amelia Brohman	60m	7.66
	2 nd	Telvin Tavernier	60m Hurdles	8.86
	2 nd	Telvin Tavernier	Long Jump	6m52
	2 nd	Kieran Fleming, James Bruce, Thomas Saville, Sebastian Saville	4 x 800m Relay	8:09.64
	3 rd	Emmanuel Nwokobia	60m	7.07
	3 rd	Kieran Fleming, Nick Grossi, Thomas Saville, Sebastian Saville	4 x 400m Relay	3:30.20
	4 th	Victor Oguejiofor	60m	7.09
	4 th	Amelia Brohman, Tatiana Ambursley, Roshanna Baker, Zeena Rashid	4 x 200m Relay	1:48.11
	4 th	Victor Oguejiofor, Sebastian Saville, Marcus Carrington, Emmanuel Nwokobia	4 x 200m Relay	1:35.45
	5 th	Marcus Carrington	Long Jump	6m40
	6 th	Adeyemi Fatoye	High Jump	1m85
	6 th	Dani Ferguson-Jamer	Shot Put	10m61
	7 th	Coleka Masama	Triple Jump	9m99
	7 th	Dani Ferguson-Jamer	Weight Throw	11m51
	7 th	Stephen James	Weight Throw	13m20
8 th	Marcus Carrington	60m	7.30	
8 th	Kieran Fleming	300m	37.25	
8 th	Adeyemi Fatoye	Long Jump	5m96	

2016 hosted by McGill	1 st	Amelia Brohman	60m	7.63
	1 st	David Bobak	300m	34.55
	1 st	Telvin Tavernier	Heptathlon	4650 pts
	2 nd	Telvin Tavernier	Pole Vault	4.50
	3 rd	Emmanuel Nwokobia	60m	7.15
	4 th	Mitchell Frizzell	60m Hurdles	9.13
	4 th	Amelia Broham, Alexandra Telford, Tatiana Ambursley, Brittney Osland	4 x 200m Relay	1:46.20
	4 th	Emmanuel Nwokobia, David Bobak, Kieran Fleming, Connor Dobson	4 x 200m Relay	1:32.35
	4 th	Brittney Osland, Tiffany Lindsay, Rebeca Ricardo, Deborah Senyange	4 x 400m Relay	4:25.87
	5 th	Telvin Tavernier	60m Hurdles	9.48
	5 th	David Bobak, Kieran Fleming, Connor Dobson, Nick Grossi	4x 400m Relay	3: 36.87
	6 th	Dani Ferguson-Jamer	Shot Put	9.64
	7 th	Stephen James	Weight Throw	12.86
8 th	Olivia Eaman	Long Jump	4.79	

RSEQ Conference Awards - Track & Field	RSEQ Conference Awards - Cross Country
2018 Sebastian Saville - Most Outstanding Male Track 2017 Telvin Tavernier - Most Outstanding Male Field	

Carleton MVP Awards - Track & Field	Carleton MVP Awards - Cross Country
2016-17 Women Track - TBA 2016-17 Men Track - TBA 2016-17 Women Field - TBA 2016-17 Men Field - TBA 2015-16 Women Track - Amelia Brohman 2015-16 Men Track - David Bobak 2015-16 Women Field - not awarded 2015-16 Men Field - Telvin Tavernier	2016 Women - TBA 2016 Men - TBA 2015 Women - Jessica McRae 2015 Men - Liam Bruce

U-Sport - University Championships

Carleton Team Scoring

Men

Women

** 2017 - Carleton Debut into the National Indoor Track & Field Championships

2018	22 nd (5 pts) - 22 Schools Scored Carleton Athletes = 1	2018	No Women Qualified
2017	13 th (19 pts) - 22 Schools Scored Carleton Athletes = 2	2017	Tied for 19 th (4 pts) - 21 Schools scored Carleton Athletes = 1

Year	Place	Athlete	Event	Performance
2018 host uWindsor	4	Sebastian Saville	600m	1:19.76
2017 host u.Alberta	2	Telvin Tavernier	Heptathlon	5267 pts
	3	Telvin Tavernier	Pole Vault	4m82
	4	Sebastian Saville	600m	1:18.79
	5	Amelia Brohman	60m	7.55