

2016/17 PROGRAM



Track & Field

June 2-3, 2017 – Foote Field, Edmonton (hosted by Metro)



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Welcome



Every year, dozens of Alberta Schools' Athletic Association provincial championship banners are handed out to Alberta high schools, and thousands of medals to students and coaches. However, those banners only represent a fraction of the student athletes and coaches who dedicate their time and energies towards becoming the best they can be via their involvement in school sport.

On behalf of the ASAA, I congratulate participating student athletes and their coaches for the success they have achieved in making it to this 2016/17 ASAA Track and Field Provincial Championship, our 60th, being hosted by Metro Athletics in Edmonton. I acknowledge that we are on Treaty 6 territory, traditional meeting grounds, gathering places, and travelling route to the Cree, Saultreaux, Blackfoot, Metis, Dene and Nakota Sioux. I acknowledge all the many First Nations, Metis, and Inuit whose footsteps have marked these lands for centuries.

Significant volunteer time has been committed by your local organizing committee in the year leading up to this championship to make sure that every student athlete, coach and supporter are given the first class treatment. But it does take leaders to make an event like this happen and I would like to recognize and thank tournament chair Michelle Ross and meet director Craig Harle, Metro Staff Drew Hanson and Shawn Shepherd and their entire planning committee for taking on the huge task of hosting this championship. I encourage all participants to take a moment to thank the hosts personally for their outstanding efforts.

The ASAA is proud to be associated with student athletes and coaches; people who either are, or will become, leaders in their community. I challenge you to display that leadership by practicing and promoting the highest levels of ethics, integrity, sportsmanship and respect for others throughout this championship. When you win, do so with humility. When you lose, do so with grace. Make every effort to show everyone at the championship that high school athletes show great character at all times.

On behalf of the ASAA, I thank Platinum Partners Alberta Milk and SUBWAY, Gold Partners Morgex Insurance and EntripyShops, and our official suppliers which are listed throughout this championship program. The ongoing support of these corporate partners assist the ASAA in providing a better experience for student athletes across the province. Finally, have the time of your life at this championship; I trust you will take home memories that will live on in your heart and mind for decades to come.



John Paton, Executive Director

[Alberta Schools' Athletic Association](#)

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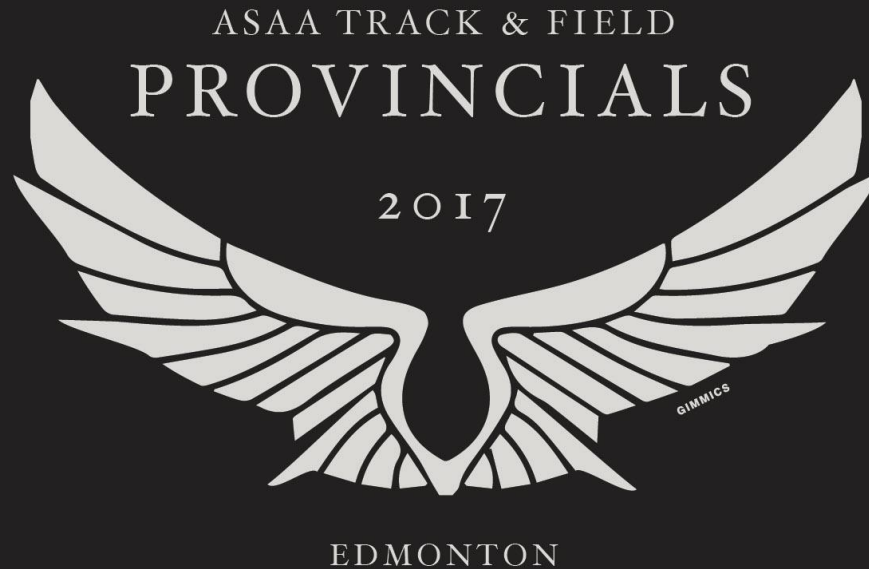
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2017 Provincial Track & Field Committee

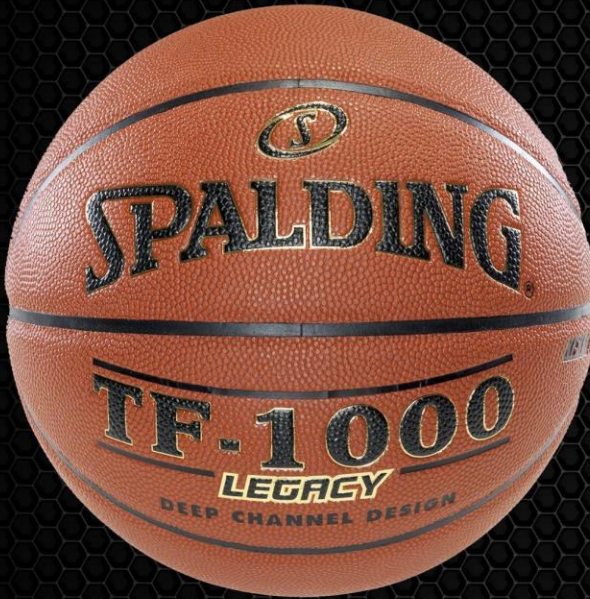
Meet Director: **Craig Harle – Harry Ainlay**
Tournament Chair: **Michelle Ross – Metro Staff**

Committee Members:

Chris Douglas – Strathcona
Kris Fedun – Vimy Ridge
Kate Greabeiel – Lillian Osborne
Sue McIntyre – Spruce Grove Composite
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ASAA TRACK & FIELD
PROVINCIALS

2017



EDMONTON

Event Officials:

Umpire/Lapscorers:

Emly Anderson, Marianne Chichak, Maegan Ciesielski, Louise Delsing, Pat March, Mark Seville, Cathy Simpson, John Takahashi

Throws:

Jeff Davis, Darryl Lem, Christine Repp, Irene Gaudet

PV/High Jump :

Meta deBruijn, Sonya Hassan, Norma Morgan, Graham Overn, Mary Wittenberg

Triple/Long Jump:

Peter Faid, Philippa Fairbairn, Milan Kostelnik, Lisa Lem, Trudy Tienkamp

Starters:

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Friday	Junior Men	Junior Women	Int. Men	Int. Women	Senior Men	Senior Women
9:00	3000M/PV			High Jump		
9:10	Long Jump					
9:20		3000M/TJ	Shot Put			
9:40			3000M			
10:00				3000M		
10:20					3000M/Javelin	Discus
10:40						3000M
10:55	OPENING CEREMONIES					
11:05	200/Heats					
11:12		200m Heats				
11:19			200/Heats			Long Jump
11:26		Shot Put		200/Heats		
11:33					200/Heats/TJ	
11:40			High Jump			200/Heats
11:48		80 M Hurdle. Heats	Pole Vault			
11:56				80 M Hurdle Heats		
12:00						
12:04						80M Hurdle Heats
12:12	100 M Hurdle Heats					
12:20			100 M Hurdle Heats			
12:28	Discus				100m Hurdle Heats	
LUNCH BREAK						
1:00	Paralympic Seated Throws/Standing Throws (Shot Put)			Javelin		
1:30	800M Final					
1:38		800M Final				
1:46	Triple Jump		800M Final			
1:54				800M Final		
2:02					800M Final	
2:10						800M Final
2:15				Long Jump		High Jump
2:20	100M Hurdle Final				Pole Vault	
2:30			100M Hurdle Final			
2:35					100m Hurdles Final	
2:45		80 M Hurdle Final				
2:50				80 M Hurdle Final		
2:55						80M Hurdle Final
3:00	200M Final					
3:05		200M Final			Shot Put	
3:10			200M Final			
3:15	PARA/Ambulatory/Wheelchair/Intellectual 200m OPEN Final					
3:30		Javelin	Discus	200M Final		
3:35					200M Final	
3:40						200M Final
3:55	4 x 100 Heat A					
4:00	4 x 100 Heat B					
4:05		4 x 100 Heat A				
4:10		4 x 100 Heat B				
4:15			4 x 100 Heat A			
4:20			4 x 100 Heat B			
4:25				4 x 100 Heat A		
4:30				4 x 100 Heat B	4 x 100 Heat A	
4:35					4 x 100 Heat B	4 x 100 Heat A
4:40						4 x 100 Heat B
4:45					4x400 Open Seeded "B"	
4:50					4x400 Open Seeded "A"	
4:55						4x400 Open Seeded "B"
5:00						4x400 Open Seeded "A"

Note: 4 x 100m Relays are not seeded (random lane draw, max one team per zone per heat)

Note 2: 4 x 400m relays ARE seeded (lanes seeded, max one team per zone in each heat, with the fastest seeded heat going second)

Saturday	<u>Junior Men</u>	<u>Junior Women</u>	<u>Int. Men</u>	<u>Int. Women</u>	<u>Senior Men</u>	<u>Senior Women</u>
9:00		Long J / Pole V			High Jump	Pent 100m (Open)
9:05					Pent 100m (open)	
9:10	400m Heats					
9:20		400m Heats		Discus		
9:30			400m Heats/TJ			
9:40				400m Heats		
9:50	Shot Put				400m Heats	
10:00						400m Heats
10:10			Javelin			
10:15	100m Heats					Pent High Jump (open)
10:20		100m Heats			Pent Long Jump (open)	
10:25			100m Heats			
10:35				100m Heats		
10:45					100m Heats	
10:55						100m Heats
11:10					Discus	
11:15	1500m					
11:20				Pole Vault		
11:25		1500m		Triple Jump	Long Jump	
11:30	High Jump					Pent Shot Put (open)
11:35			1500m			
11:45				1500m		
11:55					1500m	
12:05						1500m
12:30	Javelin				Pent Shot Put (open)	
12:50						300m Hurdles (open)
1:10					300m Hurdles (open)	
1:15		Discus				
1:30	100m Finals					Pent Long Jump (open)/SP
1:35		100m Finals				
1:40			100m Finals		Pent High Jump (open)	Pole Vault
1:45	Para-Ambulatory-Intellectual 100m Open Final					
2:05	WheelChair 100m Open Final					Triple Jump
2:15				100m Finals		
2:20					100m Finals	
2:25						100m Finals
2:35		High Jump	Long Jump			
2:45				Shot Put		Pent 800m (open)
2:55					Pent 800m (open)	Javelin
3:05	400m Final					
3:10		400m Final				
3:15			400m Final			
3:20				400m Final		
3:25					400m Final	
3:30						400m Final
3:40	4x100m Final					
3:45		4x100m Final				
3:50			4x100m Final			
3:55	SPECIAL OLYMPIC UNIFIED 4X100M RELAY					
4:05				4x100m Final		
4:10					4x100m Final	
4:15						4x100m Final

ASAA Track & Field Records

Junior Girls

Event	Name(s)	School, Zone	Year	Record
100M	Loudia Laarman	Winston Churchill, Lethbridge	2008	11.92 secs
200M	Jillian Richardson	Central Memorial, Calgary	1981	24.44 secs [^]
80M Hurdles	Katelyn Slessor	Central Memorial, Calgary	2014	11.55 secs
100M Hurdles	Jane Loskot	Bishop Carroll, Calgary	1991	14.40 secs
400M	Kendra Clarke	Holy Trinity, Edmonton	2013	54.47 secs
800 M	Tanya Wright	Beaumont, Edmonton	1997	2:08.69 secs
1500M	Madeleine Sumner	Western Canada, Calgary	2014	4:36.52 secs
3000M	Claudia Belanger	Strathcona-Tweedsmuir, South Central	2012	10:18.56 secs
4x100M Relay	Janelle Lee Pong Marilyn Rusterholz Michelle Doroshuk Jackie Gibeau	St. Francis Xavier, Edmonton	2006	49.42 secs
High Jump	Whitney Evans	Western Canada, Calgary	1996	1.75 M
Long Jump	Niki Oudenaarden	Paul Kane, Edmonton	2010	5.75 M
Triple Jump	Maklea Nkemdirim	William Aberhart, Calgary	1992	11.48 M
Pole Vault	Meghan Lim	Western Canada, Calgary	2014	3.15 M
Discus	Sherri Umeris	Lethbridge Collegiate, South	1984	39.78 M
Shot Put	Skylar Sieben Toni Burse	Cochrane High, South Central Archbishop O'Leary, Edmonton	2016	12.19 M
Javelin	Leslie Taylor	Spruce Grove, Edmonton	1986	43.40 M

Junior Boys

100M	Chubba Hubbard	Bev Facey, Edmonton	2015	10.68 secs
200M	Kudakwashe Murasiranwa	Holy Trinity, Edmonton	2014	21.83 secs
100M Hurdles	Mehrdad Shokoohi	William Aberhart, Calgary	2015	13.25 secs
400M	Sheldon Louza	Crescent Heights, Calgary	2016	49.90 secs
800M	Scott Chalupiak	George McDougall, South Central	2015	1:52.86 secs
1500M	Alex Mowat	William Aberhart, Calgary	1984	4:03.00 secs
3000M	Nyial Majock	Jack James, Calgary	2006	8:53.47 secs
4x100M Relay	Myles Browne Colton Burr Colton Hunchak Bowen Lewis	Notre Dame, Calgary	2013	44.04 secs
High Jump	Charlie Kambata	Ernest Manning, Calgary	2015	2.01 M
Long Jump	Lewis Collin	Edmonton Christian, Edmonton	2015	6.72 M
Triple Jump	Sodienye Nkwonta	Calgary Christian, Calgary	2013	12.91 M
Pole Vault	John Moss	Strathcona, Edmonton	1991	3.92 M
Discus	Lee Andrews	James Fowler, Calgary	1987	48.00 M
Shot Put	Matt Doherty	Delburne, Central	2001	15.26 M
Javelin	Clarence Nelson	McNally, Edmonton	1988	55.06 M

ASAA Track & Field Records

Intermediate Girls

Event	Name(s)	School, Zone	Year	Record
100M	Atia Weekes	Crescent Heights, Calgary	1997	11.84 secs
200M	Atia Weekes	Crescent Heights, Calgary	1997	24.11 secs
80M Hurdles	Shaunie Morrison	Bishop O'Byrne, Calgary	2012	11.26 secs
400M	Kendra Clarke	Holy Trinity, Edmonton	2014	55.66 secs
800M	Ginelle Demone	Leduc Composite, Edmonton	2015	2:09.57 secs
1500M	Jessica O'Connell	Western Canada, Calgary	2006	4:38.79 secs
3000M	Emily Kroshus	Western Canada, Calgary	1999	9:49.52 secs
4x100M Relay	Corrine Barrett Jaria Smith Mia Shragge Vivian Stevenson	Edmonton Zone	1984	49.70 secs
High Jump	Whitney Evans	Western Canada, Calgary	1997	1.77 M
Long Jump	Tiana Pisoni	Monsignor McCoy, South	2013	5.61 M
Triple Jump	Tiana Pisoni	Monsignor McCoy, South	2013	11.98 M
Pole Vault	Meghan Lim	Western Canada, Calgary	2015	3.70 M
Discus	Gabrielle Rains	Bev Facey, Edmonton	2015	45.47 M
Shot Put	Gabrielle Rains	Bev Facey, Edmonton	2015	13.74 M
Javelin	Niki Oudenaarden	Paul Kane, Edmonton	2011	42.87 M

Intermediate Boys

100M	Akeem Haynes	Crescent Heights, Calgary	2009	10.59 secs
200M	Akeem Haynes	Crescent Heights, Calgary	2009	21.41 secs
100M Hurdles	Mehrdad Shokoohi	William Aberhart, Calgary	2016	13.06 secs
400M	Eric Stephens	Harry Ainlay, Edmonton	2016	48.82 secs
800M	Tyler Smith	Wetaskiwin, Central	2011	1:52.58 secs
1500M	Rob Evans	Central Memorial, Calgary	1976	3:56.80 secs
3000M	Aaron Robson	Harry Ainlay, Edmonton	2003	8:38.50 secs
4x100M Relay	Colin Amsbaugh Mark Cocks Chris Howell Jeffrey Leong	Harry Ainlay, Edmonton	2001	43.19 secs
High Jump	Jesse Lipscombe	St. Albert, Edmonton	1997	2.07 M
Long Jump	Hendric Tronsson	Crescent Heights, Calgary	2014	6.93 M
Triple Jump	Oral Ogilvie	Harry Ainlay, Edmonton	1986	14.01 M
Pole Vault	Deryk Theodore	Strathcona, Edmonton	2006	4.40 M
Discus	Jim Steacy	Winston Churchill, South	2001	48.38M
Shot Put	Matt Doherty	Delburne, Central	2002	16.61 M
Javelin	Dillon Mayhew	Bassano, South Central	2013	59.01 M

ASAA Track & Field Records

Senior Girls

Event	Name(s)	School, Zone	Year	Record
100M	Cathy Chrusch	Queen Elizabeth, Calgary	1978	11.94 secs
200M	Atia Weekes	Crescent Heights, Calgary	1998	23.58 secs
80M Hurdles	Deshaunda Morrison	Bishop O'Byrne, Calgary	2013	11.46 secs
400m	Sage Watson	Medicine Hat, South	2012	54.22 secs
800M	Jenna Westaway	Rundle College, Calgary	2012	2:11.60 secs
1500M	Jessica O'Connell	Western Canada, Calgary	2007	4:35.16 secs
3000M	Ellen Pennock	Henry Wise Wood, Calgary	2011	9:49.07 secs
4x100M Relay	Sapna Dayd	Calgary Zone	1992	48.46 secs
	Leah McLeod			
	Jane Laskot			
	Mame Twumasi			
High Jump	Whitney Evans	Western Canada, Calgary	1998	1.83 M
Long Jump	Esther Medema	Ecole Mallaig, North East	1989	5.80 M
Triple Jump	Tiana Pisoni	Monsignor McCoy, South	2014	11.87 M
Pole Vault	Kirstin Flesher	Strathcona, Edmonton	2006	3.55 M
Discus	Gabrielle Rains	Bev Facey, Edmonton	2016	48.96 M
Shot Put	Suzanne Pecht	Lethbridge Collegiate, South	1985	14.67 M
Javelin	Niki Oudenaarden	Paul Kane, Edmonton	2012	43.27 M
Open 4x400M Relay	Carly Anderson	Calgary Zone	1999	3:57.44 secs
	Samantha Anderson			
	Amy Barnett			
	Katie McDonald			

Senior Boys

100M	Rayon Marshall	Bishop Grandin, Calgary	1991	10.64 secs [^]
200M	Jeff Halvorson	Grande Prairie, North West	2001	21.60 secs
100M Hurdles	Callum McNab	Strathcona High, Edmonton	2015	13.10 secs
400M	Dave Anderson	Western Canada, Calgary	1992	47.85 secs
800M	Tyler Smith	Wetaskiwin, Central	2012	1:51.27 secs
1500m	Doug Dray	Lethbridge Collegiate, South	1982	3:57.10 secs
3000M	Aaron Robson	Harry Ainlay, Edmonton	2004	8:31.23 secs
4x100M Relay	Lawrence Deck	Calgary Zone	1996	42.37 secs
	Justin Sinclair			
	Curtis Stone			
	Ahmed Marshall			
High Jump	Jesse Lipscombe	St. Albert, Edmonton	1998	2.10 M
Long Jump	Selwyn Taylor	Harry Ainlay, Edmonton	1987	7.24 M
Triple Jump	Aaron Hernandez	Kate Andrews, South	2013	14.86 M
Pole Vault	Jamie Johnson	Strathcona, Edmonton	1999	4.55 M
Discus	Kris Watson	Western Canada, Calgary	1992	49.52 M
Shot Put	Lanny Tron	Winston Churchill, South	1978	17.13 M
Javelin	Nelson Stockwell	Strathmore, South Central	1977	58.56 M
Open 4x400M Relay	Mark Johnston	North Central Zone	1986	3:21.30 secs
	Mark Lynch			
	Rene Teague			
	Gordon Laxton			

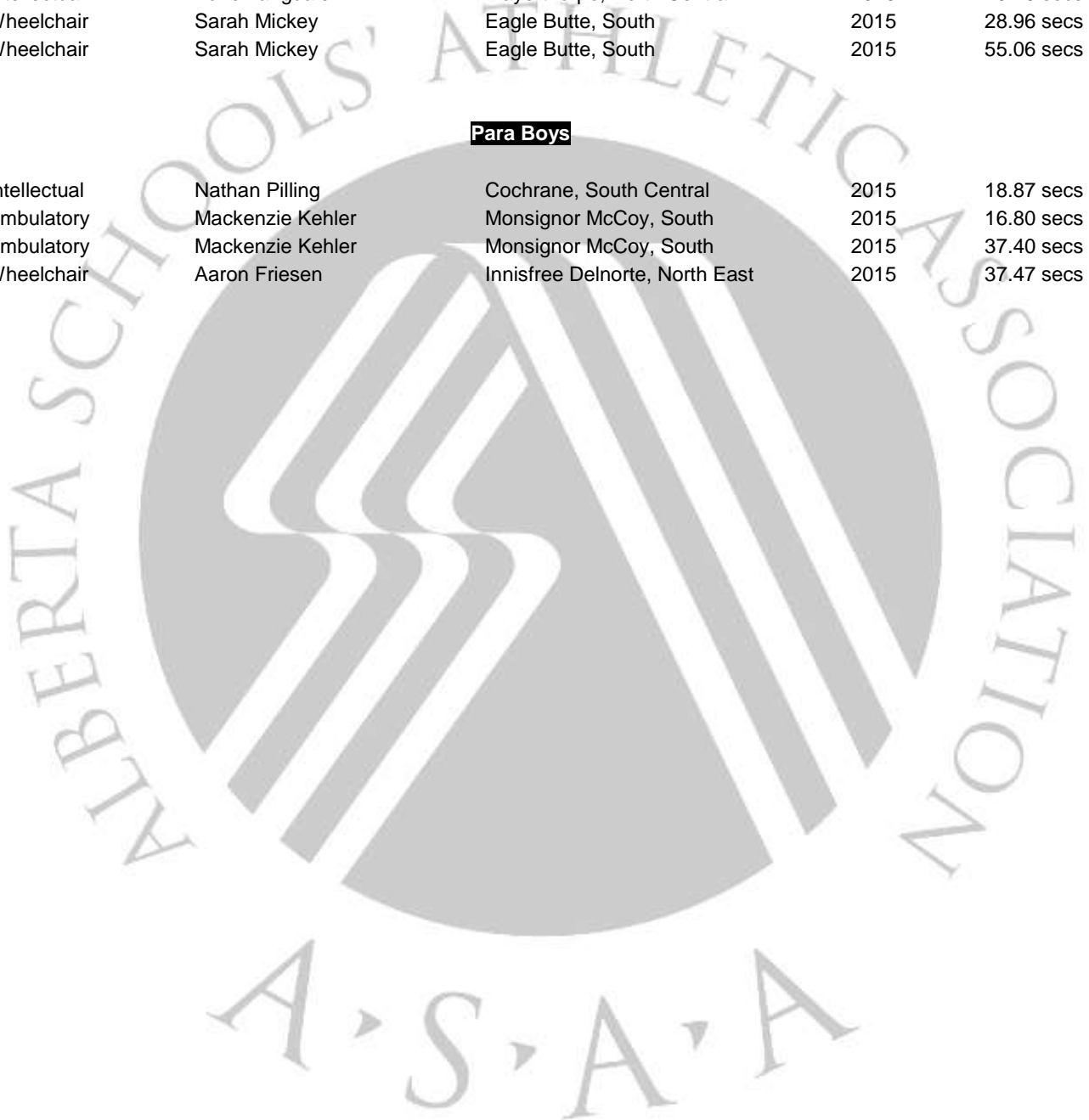
ASAA Track & Field Records

Para Girls

Event	Name(s)	School, Zone	Year	Record
100 M Intellectual	Torie Langdale	Mayerthorpe, North Central	2015	19.76 secs
100 M Wheelchair	Sarah Mickey	Eagle Butte, South	2015	28.96 secs
200 M Wheelchair	Sarah Mickey	Eagle Butte, South	2015	55.06 secs

Para Boys

100 M Intellectual	Nathan Pilling	Cochrane, South Central	2015	18.87 secs
100 M Ambulatory	Mackenzie Kehler	Monsignor McCoy, South	2015	16.80 secs
200 M Ambulatory	Mackenzie Kehler	Monsignor McCoy, South	2015	37.40 secs
100 M Wheelchair	Aaron Friesen	Innisfree Delnorte, North East	2015	37.47 secs





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