



Fédération  
québécoise  
d'athlétisme



Éducation,  
Loisir et Sport  
Québec 

## **24<sup>th</sup> ANNUAL MCGILL TEAM CHALLENGE 2019, 24<sup>e</sup> ÉDITION**

### **DATE:**

Fri/Ven., Sat/Sam., Jan 25-26, 2019

### **TIME/Heure**

Fri/Ven: 09h00 – 21h30

Sat/Sam: 10h00 – 17h00

### **PLACE:**

Tomlinson Fieldhouse  
475 Pine Avenue West  
Montreal, QC  
H2W 1S4

### **ENTRY FEE/Frais d'inscriptions:**

\$25 per event/par épreuve

\$300 per roster: Men's and women's teams are separate rosters/ Par équipe, femmes et hommes sont des équipes distinctes.

### **LATE FEE/Inscription en retard**

A late fee of \$50 per event will be charged for anyone entered after the deadline/Inscriptions reçues après la date limite: \$50

### **HOTEL:**

Delta Montreal  
475 President Kennedy Av.  
Montreal, QC, H3A 1J7  
More info is included later.  
Double Room/Chambre double: \$156.00  
***Please book early as rooms will be released 4 weeks prior to the meet.***  
*S'il vous plaît réserver le plus tôt possible.*  
*Les chambres seront libérées 4 semaines avant la rencontre.*

### **SCORING/ POINTAGE:**

10-8-6-5-4-3-2-1

### **ENTRIES/Inscriptions:**

#### **Deadline/Date Limite:**

**11:00pm/23h00, Mon/Lun., Jan 21/2019**

Hy-Tek's Team Manager or Team Manager Lite  
Please visit/SVP visitez [www.rsstiming.com](http://www.rsstiming.com) for entry info.

**RESULTS/RÉSULTATS:** [www.rsstiming.com](http://www.rsstiming.com)

### **ADDITIONAL INFORMATION:**

Team packages can be picked on Thursday afternoon or Friday from the Timing/Results room on the second floor above the track.

**Les documents d'information** seront disponibles jeudi après-midi et vendredi à la salle des résultats au deuxième étage.

### **FACILITIES/Installations:**

Locker rooms and showers are available, please bring your own lock and towel. **Do not leave valuables in your locker.**

**Vestaires et Douches** seront à votre disposition. Apportez votre cadenas et serviette. **Veillez ne pas laisser d'objets de valeur dans les vestaires**

### **SPIKE LENGTH/LES POINTES:**

Spikes must be 7mm or ¼ in pyramids. No ¼ in pins or Christmas trees.

Les pointes ne devront être plus longues que 7mm de type pyramidale. Les pointes en forme d'arbre de Noël ne seront pas acceptées.

### **RELAYS/LES RELAIS:**

One team per-university, women/men  
Une équipe par université, femmes/hommes

**Schedule is subject to modification based on final entries. / L'horaire est sujet à modification selon les dernières inscriptions.**

**Standards for club athletes is below**

**Les minimas de participation pour les athlètes des clubs ci-dessous.**

**Please note the meet can move ahead by 15min.**

**SVP noter que la rencontre peut aller de l'avant par 15min.**



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## 24th ANNUAL MCGILL TEAM CHALLENGE 2019, 24e ÉDITION

### Standards for Non-University Athletes Minimas pour les athlètes non-universitaires

Women Femmes	Event Épreuve	Men Hommes
8.01	60m	7.19
42.18	300m	36.26
01:36.72	600m	01:23.09
02:58.27	1000m	02:34.22
04:48.92	1500m	04:02.13
10:09.31	3000m	08:45.81
9.26	60m H	8.40
1.63	HJ	2.00
3.46	PV	4.57
5.12	LJ	6.46
10.91	TJ	13.83
11.71	SP	13.44
14.06	WT	14.28
3346	Pent	3122

**Important:** In order to keep the meet moving the running events will be seeded at the check-in table, as such the following procedure must be followed:

**Report to the check-in table a minimum of one (1) hour before the start of your event.**

**Field events check-in on site, PV - 60min, HJ - 40min, LJ, TJ, Throws, Multi-events - 30min,**

**You will not be able to compete if you miss the check in procedure!!!**

**Important :** La composition des vagues sera faite à partir de la liste des athlètes qui se seront présentés à la chambre d'appel dans les délais prescrits.

S'il vous plaît rapport à la chambre d'appel d'une (1) heure avant votre événement.

**Aucun athlète ne pourra participer à une épreuve de piste sans avoir respecté la procédure de la chambre d'appel!!!**

**Épreuves de concours check-in sur place, PV - 60min, HJ- 40min, LJ,TJ, Mult, lancer-30min**

**Final schedule will be posted on Tuesday after 12:00 noon / Horaire final sera publié le mercredi après 12h00**

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**2019 McGill Team Challenge Rates**

**McGill Athletics & Recreation and university sports teams/groups** (rooms paid by each team individually) will receive the best available group rate based on availability

**Friends and Family related to sports teams;** Rate advertised on our website and promotional material.

Fri – Sat, Jan 25 – 26, 2019 (rooms would be needed Jan 24 -25) McGill Team Challenge track and field meet

Standard room with two beds at \$156.00

**To book individual rooms at the McGill rate please contact:**

Elisabeth Dauphinais  
Sales Manager/ Gérante des Ventes, Canadian Sales Office  
Marriott Hotels of Canada  
[elisabeth.dauphinais@marriott.com](mailto:elisabeth.dauphinais@marriott.com)  
905-366-5279

**Group bookings:**

Please book through Elisabeth Dauphinais above

***Delta Montreal***

475 Avenue Président Kennedy, Montréal, Québec; H3A 1J7

<http://www.marriott.com/hotels/travel/yuldb-delta-hotels-montreal/>



## 24th ANNUAL MCGILL TEAM CHALLENGE 2019, 24e ÉDITION

Friday January 25

Time	Schedule/Horaire	F/M	Sections	No of Ath.	Sections	Notes
09:00	WT	F				
10:30	WT	M				
11:45	60m	M	Heptathlon			
12:00	60mh	F	Pentathlon			
12:15	Long Jump	M	Heptathlon			
13:00	High Jump	F	Pentathlon			
13:45	Shot Put	M	Heptathlon			
14:30	Long Jump	M				
15:00	High Jump	M	Heptathlon			
15:10	Shot Put	F	Pentathlon			
16:30	60m	F	Heats			
16:55	60m	M	Heats			
17:00	Pole Vault	M	Open			
17:25	1000m	F	Timed Sections Chrono			
17:15	Long Jump	F	Pentathlon			
17:50	1000m	M	Timed Sections Chrono			
18:10	Opening Ceremony / Cérémonie d'ouverture					
18:15	60m (B & A)	F	Final(e)			
18:20	60m (B & A)	M	Final(e)			
18:40	3000m	F	Timed Sections Chrono			
18:45	Long jump	F				
19:00	High Jump	M				
19:15	800m	F	Pentathlon			
19:25	3000m	M	Timed Sections Chrono			
20:15	4x 200m	M	Timed Sections Chrono			No lane 1
20:35	4x 200m	F	Timed Sections Chrono			No lane 1
20:50	4x 800m	F	Timed Sections Chrono			
21:15	4x800m	M	Timed Sections Chrono			

**Saturday, January 26, 2019**

<b>Time</b>	<b>Schedule/Horaire</b>			
10:00	60m Hurdles /Haies	M	Heptathlon	
10:10	60m Hurdles/Haies	M	Heats/Vagues	
10:20	60m Hurdles/Haies	F	Heats/Vagues	
10:45	60m Hurdles/Haies	M	Final(e) B/A	
10:45	Pole Vault	M	Heptathlon	
10:50	60m Hurdles/Haies	F	Final(e) B/A	
11:05	600m	F	Timed Section Chrono	
11:30	600m	M	Timed Section Chrono	
11:30	High Jump	F	Open	
11:30	Shot Put	F	Open	
11:45	Triple Jump	M	Open	
12:10	Track break			
13:00	300m	F	Timed Sections Chrono	No lane 1
13:45	Triple Jump	F	Open	
13:45	300m	M	Timed Sections Chrono	No lane 1
14:15	Shot Put	M	Open	
14:15	Pole Vault Pole Vault	F	Open	
14:35	1000m	M	Heptathlon	
14:45	1500m	F	Timed Sections Chrono	
15:40	1500m	M	Timed Sections Chrono	
16:25	4x400m	F	Timed Sections Chrono	
16:40	4x400m	M	Timed Sections Chrono	

**24th Annual McGill Team Challenge 2019— Records & USports Standards**

**Event 1 Women 60 Meter Dash Open**

Meet 7.29 2014 Kimberly Hyacinthe - Vainqueurs  
Fieldhouse 7.29 2014 Kimberly Hyacinthe - Vainqueurs  
[USports Standard 7.57](#)

**Event 2 Women 300 Meter Run Open**

Meet 37.46 2014 Kimberly Hyacinthe - Vainqueurs  
Fieldhouse 37.46 2014 Kimberly Hacynthé - Vainqueurs  
[USports Standard 38.83 39.38 flat](#)

**Event 3 Women 600 Meter Run Open**

Meet 1:30.72 2014 Grace Annear - Victoria  
Fieldhouse 1:29.51 2007 Holly Ratzlaff - Calgary  
[USports Standard 1:29.83 1:30.93 F](#)

**Event 4 Women 1000 Meter Run Open**

Meet 2:47.09 2018 Jessy Lacourse - Laval  
Fieldhouse 2:45.1h 2003 Sarah Ali-Khan - McGill  
[USports Standard 2:45.58 2:47.39 F](#)

**Event 5 Women 1500 Meter Run Open**

Meet 4:18.80 2018 Genevieve Lalonde - OSPR  
Fieldhouse 4:18.75 2007 Megan Brown - Toronto  
[USports Standard 4:23.24 4:25.87 F](#)

**Event 6 Women 3000 Meter Run Open**

Meet 9:11.69 2009 Megan Brown - Toronto  
Fieldhouse 9:11.69 2009 Megan Brown - Toronto  
[USports Standard 9:24.91 9:29.75 F](#)

**Event 7 Women 60 Meter Hurdles 33 in. Open**

Meet 8.19 2016 Nikita Holder - Flying Angels TC  
Fieldhouse 8.19 2016 Nikita Holder - Flying Angels TC  
[USports Standard 8.42](#)

**Event 8 Women 4x200 Meter Relay Open**

Meet 1:38.89 2018 Guelph - Guelph  
Fieldhouse 1:37.57 1999 Saskatchewan  
[USports Standard 1:38.78 1:40.31 F](#)

**Event 9 Women 4x400 Meter Relay Open**

Meet 3:43.90 2013 Toronto  
Fieldhouse 3:43.90 2013 Toronto  
[USports Standard 3:47.60 3:50.62 F](#)

**Event 10 Women 4x800 Meter Relay Open**

Meet 8:59.29 2013 Guelph - Guelph  
Fieldhouse 8:56.63 2007 Toronto  
[USports Standard 8:58.67 9:01.96 F](#)

**Event 11 Women Long Jump Open**

Meet 6.01m 2012 Laurence Beaudet - Montreal  
Fieldhouse 6.17m 1998 Alice Falaiye - Toronto  
[USports Standard 5.84m](#)

**Event 12 Women Triple Jump Open**

Meet 12.56m 2014 Julia Wallace - Guelph  
Fieldhouse 12.76m 1999 Michelle Hastick - Unattached  
[USports Standard 11.82m](#)

**Event 13 Women High Jump Open**

Meet 1.80m 2008 Michelle Moody - Guelph  
Fieldhouse 1.89m 1998 Natalja Jackheere - Belgium  
[USports Standard 1.70m](#)

**Event 14 Women Pole Vault Open**

Meet 4.35m 2013 Melanie Blouin - Laval  
Fieldhouse 4.35m 2013 Melanie Blouin - Laval  
[USports Standard 3.90m](#)

**Event 15 Women Shot Put 4 Kg Open**

Meet 15.27m 2014 Brittney Crew - York  
Fieldhouse 16.22m 2009 Julie Labonte - Sherbrooke  
[USports Standard 13.62m](#)

**Event 16 Women Weight Throw 20 lbs Open**

Meet 17.88m 2009 Annie Larose - Sherbrooke  
Fieldhouse 18.25m 2011 Galina Mityaeva - Unattached  
[USports Standard 16.64m](#)

**Event 17 Women Indoor Pentathlon Open**

Meet 3777 2016 Helena Reinfels - McGill  
Fieldhouse 4380 2007 Jessica Zelinka - Calgary  
[USports Standard 3567](#)

### **Event 18 Men 60 Meter Dash Open**

Meet 6.71 2014 Dante Richards-Kwok – York  
Fieldhouse 6.56 2002 Nick Macrozonaris - St-Laurent  
Select

**USports Standard 6.88**

### **Event 19 Men 300 Meter Run Open**

Meet 32.95 2002 Shane Niemi - York  
Fieldhouse 32.95 2002 Shane Niemi - York

**USports Standard 33.89 34.46 F**

### **Event 20 Men 600 Meter Run Open**

Meet 1:16.90 2014 Luguelin Santos - Club Puma  
Fieldhouse 1:16.90 2014 Luguelin Santos - Club Puma

**USports Standard 1:18.72 1:19.90 F**

### **Event 21 Men 1000 Meter Run Open**

Meet 2:21.02 2015 Charles Philibert-Thiboutot - Laval  
Fieldhouse 2:21.02 2015 Charles Philibert-Thiboutot -  
Laval

**USports Standard 2:23.85 2:25.83 F**

### **Event 22 Men 1500 Meter Run Open**

Meet 3:43.21 2016 Charles Philibert-Thiboutot - Laval  
Fieldhouse 3:43.21 2016 Charles Philibert-Thiboutot-  
Laval

**USports Standard 3:47.76 3:50.71 F**

### **Event 23 Men 3000 Meter Run Open**

Meet 8:02.78 2014 Ross Proudfoot - Guelph  
Fieldhouse 8:02.78 2014 Ross Proudfoot - Guelph

**USports Standard 8:13.41 8:19.15 F**

### **Event 24 Men 60 Meter Hurdles 42 in. Open**

Meet 7.86 2015 Sekou Kaba - Ottawa Lions  
Fieldhouse 7.75 2006 Charles Allen - Ottawa Lions

**USports Standard 8.26**

### **Event 25 Men 4x200 Meter Relay Open**

Meet 1:26.80 2012-01-27 Ottawa  
Fieldhouse 1:24.85 2007 Legacy Athletics

**USports Standard 1:27.44 1:29.01 F**

### **Event 26 Men 4x400 Meter Relay Open**

Meet 3:17.08 2013 Ottawa  
Fieldhouse 3:14.12 2008 Calgary

**USports Standard 3:17.31 3:20.46 F**

### **Event 27 Men 4x800 Meter Relay Open**

Meet 7:34.54 2014 Victoria  
Fieldhouse 7:30.83 2008 Victoria

**USports Standard 7:34.40 7:40.90 F**

### **Event 28 Men Long Jump Open**

Meet 7.63m 2010 Christopher Greenaway - Ottawa  
Fieldhouse 7.63m 2010 Christopher Greenaway -  
Ottawa

**USports Standard 7.13**

### **Event 29 Men Triple Jump Open**

Meet 15.46m 2013 Olivier Huet - Sherbrooke  
Fieldhouse 16.15m 2003 Shawn Peters - Regina  
Athletics TC

**USports Standard 14.63m**

### **Event 30 Men High Jump Open**

Meet 2.16m 2018 Sean Cate - Guelph  
Fieldhouse 2.27m 1996 Kwaku Boateng - Concordia

**USports Standard 2.07m**

### **Event 31 Men Pole Vault Open**

Meet 5.40m 2008-01-25 Jason Wurster - Toronto  
Fieldhouse 5.40m 2008 Jason Wurster - Toronto

**USports Standard 4.91m**

### **Event 32 Men Shot Put 7.26 Kg Open**

Meet 18.33m 2013 Tim Hendry - Guelph  
Fieldhouse 18.33m 2013 Tim Hendry - Guelph

**USports Standard 16.12m**

### **Event 33 Men Weight Throw 35 lbs. Open**

Meet 20.47m 2014 Daniel Nova - Unattached  
Fieldhouse 23.61m 2007 Jim Steacy - Lethbridge

**USports Standard 17.35m**

### **Event 34 Men Indoor Pentathlon Open**

Meet 3848 2015-01-24 Taylor Corney - Guelph  
Fieldhouse 3877 2007 Jamie Adjetey-Nelson - Windsor  
None

### **Event 34 Men Indoor Heptathlon**

Meet 4979 2018 Mark Emode - Guelph  
Fieldhouse 4979 2018 Mark Emode-Guelph

**USports Standard 4837**