



DINOS
TRACK & FIELD
University of Calgary

2008-09 Media Guide



Canadian Interuniversity Sport
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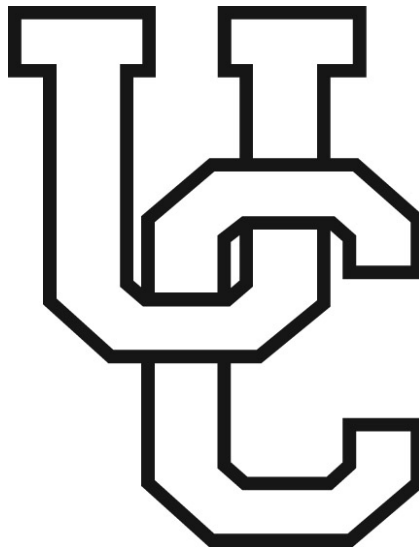




UNIVERSITY OF CALGARY 2008-09 DINOS TRACK & FIELD MEDIA GUIDE

Eric Kerkhoven & Nicole Fyfe
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CIS WOMEN'S CHAMPIONS

1987, 1991, 2007

CANADA WEST MEN'S CHAMPIONS

1998, 1999

CANADA WEST WOMEN'S CHAMPIONS

1987, 1989, 1991, 1993, 2002, 2005, 2006, 2007, 2008

2009 CIS CHAMPIONSHIP PREVIEW

CALGARY – With their streak of four consecutive Canada West titles snapped two weekends ago, the lady Dinos enter the CIS Track and Field Championships in the unfamiliar role of the underdog, while the University of Calgary men will go as far as their sprinters will take them.



Canadian Interuniversity Sport
Sport interuniversitaire canadien

Championship website:

<http://www.universitysport.ca/e/championships/track/2009>

The women's track and field squad was denied a fifth straight Canada West banner at the conference championships in Regina, where they placed third. The host Cougars nearly capitalized on the golden opportunity, losing a heartbreaker to their provincial rivals, the Saskatchewan Huskies, in the last event of the weekend.

The Huskies and the Dinos have combined to win the past 13 Canada West banners, with Saskatchewan also nabbing five CIS banners to Calgary's one in the process.

With their sights now set on the CIS Championships, the Dinos will need their characteristic dominance on the track to be in top gear to have a realistic shot at Canadian supremacy.

Distance runner Heather Sim will lead the Dinos into Windsor with a Canada West track athlete of the year award in hand. Sim was rewarded after a double medal effort in Regina, winning gold in the 1500m event and silver in the 4x800 relay event. Sim also won silver at the 2008 CIS championships in the 4x800 relay.

Amonn Nelson earned a gold medal in both the 300m event as well as the 4x200 relay at Canada West, while also corralling two silvers in a very successful weekend for the young sprinter. Nelson should be a force yet again at nationals, where she is a defending gold medalist in the 300m and the 4x400 events on the CIS stage.

Holly Ratzlaff will look to finish her CIS career on top as she is completing her fifth year of eligibility with the Dinos. Ratzlaff will defend her gold medals in the 4x400 relay as well as the 600m event.

Out of Ontario, the host Windsor Lancers and the reigning CIS champions Guelph Gryphons look to be the teams to beat at the CIS meet. Guelph snapped the Lancers' four year OUA championship streak two weekends ago, and is led by OUA female track athlete of the year Lindsay Carson. Windsor, a perennial track and field power, sports the OUA female field athlete of the year in Noelle Montcalm.

On the men's side, third year sensation Sam Effah aims to continue his domination of the sprint category at the CIS level, where he is the reigning CIS Outstanding Athlete.

Effah is no stranger to individual accolades, as he captured his second consecutive Canada West track athlete of the year award after two gold medals in Regina. Along with a 2007-08 UC Athlete of the Year award and, most recently, the Fred Tees Award, adding to an already impressive stack of personal hardware.

Effah, along with Trent Ratzlaff, Mike Saisew and Evan Kimick, leads a formidable track team for Calgary. They all need to put forward outstanding performances yet again in Windsor to help cover for a field program that is still slightly behind the competition.

Kimick was named the 2008-09 Canada West Student-Athlete of the Year, while Trent Ratzlaff earned both a gold and silver medal at Canada West.

A fourth place finish at Canada West may have exposed the Dinos' lack of depth in the field, where the conference champion Manitoba Bisons excelled. The Bisons, who won their second consecutive Canada West title, are solid in both the track and field events – depth which led them to a convincing 15.5 point victory over the second place Saskatchewan Huskies.

However, their big Canada West triumph might not be able to propel them to the CIS title, as the Bisons are looking up at an OUA force that might be too difficult to overtake.

The Windsor Lancers are ranked first in the country on the men's side, and own more than twice as many ranking points than the second place York Lions and third place Bisons.

Windsor has been close to untouchable in the OUA, winning an astounding 11 straight conference championships. The Lancers are led by OUA Most Valuable Male Performer Jamie Adjetey-Nelson, and OUA field events MVP Derek Watkins, who combined for six total medals on the conference level.

The 2008-09 CIS Championships get under way in Windsor, Ont., and will span over three days from March 12-14.

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2009 CANADA WEST CHAMPIONSHIP RECAP**Effah, Sim take individual honours at CW Track**

REGINA - The Manitoba Bisons won the men's title and the Saskatchewan Huskies took the women's title on Saturday after the second and final day of the 2009 Canada West Track & Field Championships, which were hosted by the University of Regina at the Regina Fieldhouse.

The women's standings weren't settled until Saturday's final event. Trailing first-place Regina by 6* points heading into the last race of the day, Saskatchewan's women's team needed to finish in first place in the 4x400-metre relay and hope that the Cougars placed fifth - and that's exactly what happened, giving the Huskies their first conference title since 2004.

Sharai Siemens, Julene Friesen, Ashley Gerstmar, and Kailey Smith ran the race in a time of 3:51.78 for the Huskies, with Smith holding off Calgary anchor Holly Ratzlaff to win by just under six-tenths of a second. The relay team scored the only gold medal of the day for the Huskies, who got silver medals from Smith (600-metre run) and Taryn Suttie (weight throw), who was named the Female Rookie of the Year following the meet. Smith also earned accolades for the Huskies, as she was named the conference's outstanding student-athlete.

It was a heartbreaking loss for the host Cougars, who came up agonizingly short of winning their first conference title. Their top event of the day was the triple jump, in which Janine Polischuk, Robyn Bauck, and Alison Jestadt finished one-two-three to score 16 team points. All told, Polischuk and Chelsea Valois accounted for a total of 57 of the team's 95* points during the meet, with Polischuk named the conference's Field Athlete of the Year for the second season in a row.

The Calgary Dinos finished in third place with 89 points, ending their string of four consecutive conference titles. The Dinos were led by gold medals from Holly Ratzlaff (600-metre run), Heather Sim (1500-metre run), and the 4x200-metre relay team. Sim was named the conference's Track Athlete of the Year following the meet. Lindsey Bergevin (high jump) secured a gold medal for the Alberta Pandas, who finished in fourth place with 75 points. Manitoba finished in fifth place, while Lethbridge placed sixth and Victoria was seventh.

Heather Steacy of Lethbridge won a gold medal on Saturday with a toss of 17.97 metres in the weight throw and earned the award for top female performance following the meet.

On the men's side, the Manitoba Bisons held off the competition to register their second consecutive and ninth overall Canada West championship. The Bisons were led by first-place finishes from Josh Gundrum (triple jump), Scot Dressler (pole vault), and their 4x400-metre relay team, while Rossel Sabourin (pole vault), Quin Ferguson (600-metre run), and Lucas Rodewald (high jump) both won silver medals.


The Saskatchewan Huskies finished in second place, nine points behind the Bisons. Saskatchewan had a strong first day of the competition but tailed off during the second, as Andrew Smith's second-place finish in the shot put stood as the Huskies' top performance on Saturday.

Led by a gold medal from Justin Eckert in the high jump and a silver from David Walford (triple jump), the host Cougars finished in third place with 75 points. Eckert was named the Canada West Rookie of the Year after clearing the bar at a season-best 2.03 metres.

Calgary's Sam Effah was named the conference's Track Athlete of the Year after scoring a gold medal in the 60-metre dash with a conference record-breaking time of 6.64 seconds. Effah also won a gold in the 300 on Friday. The Dinos also scored a first-place finish on Saturday in the 600-metre run (Trent Ratzlaff) and placed fourth with 70 points, while Calgary sprinter Evan Kimick was named the conference's outstanding student-athlete. Victoria finished in fifth place after Geoff Martinson, Logan Burke, and Johannes Mallie finished one-two-three in the 1500, while Alberta placed sixth and Lethbridge was seventh.

Lethbridge's Jim Steacy was given the award for top male performance at the meet and also earned Field Athlete of the Year honours. Steacy broke his own Canada West record in the weight throw on Friday, then followed that up with a gold medal in the shot put on Saturday.

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canadawest

2009 Canada West Track & Field Championships
Feb. 27-28 @ Regina

TEAM STANDINGS

<i><u>MEN</u></i>	<i><u>WOMEN</u></i>
1. Manitoba (99)	1. Saskatchewan (97)
2. Saskatchewan (83.5)	2. Regina (95)
3. Regina (75)	3. CALGARY (89)
4. CALGARY (70)	4. Alberta (75)
5. Victoria (36)	5. Manitoba (38)
6. Alberta (27.5)	6. Lethbridge (7)
7. Lethbridge (16)	7. Victoria (5)

CANADA WEST CHAMPIONSHIPS – DINOS MEDALISTS



2009 CANADA WEST TRACK & FIELD CHAMPIONSHIPS
February 27-28, 2009 • Regina Fieldhouse, University of Regina

MEN (4th place, 70 pts)

GOLD (3)

Sam Effah, 60m (6.64)*
Sam Effah, 300m (34.17)
Trent Ratzlaff, 600m (1:18.95)

SILVER (1)

Team, 4x800m relay (7:46.74)

BRONZE (3)

Justin Sinclair, 60m (6.96)
Trent Ratzlaff, 300m (34.78)
Mark Baerg, PV (4.32m)

WOMEN (3rd place, 89 pts)

GOLD (5)

Amonn Nelson, 300m (38.63)
Holly Ratzlaff, 600m (1:32.43)
Heather Sim, 1000m (2:54.90)
Heather Sim, 1500m (4:33.83)
Team, 4x200m relay (1:41.69)

SILVER (4)

Amonn Nelson, 60m (7.66)
Robyn Webster, PV (3.48m)
Team, 4x400m relay (3:52.37)
Team, 4x800m relay (9:09.60)

BRONZE (1)

Jennifer Zimmer, 300m (40.84)

HEAD COACH

DOUG LAMONT

Doug Lamont's name has been synonymous with cross country running and track & field in Calgary for the past two decades. A graduate of the University of Calgary with degrees in Physical Education and Education, he competed for the Dinos cross country teams while a student.

Lamont coached and taught with the Calgary Board of Education for 22 years to become the Director of Athletics Alberta Track & Field Centre and subsequently coached the Dinos cross country teams in 1999. Coaching at the varsity level is not new to Doug; he has served as a volunteer Assistant Coach under Les Gramantik for the Dinos track & field teams since 1990.



Doug has been a member of various Alberta provincial cross country and track teams such as the Western Canada Games in 1991 and 1995 and the 1993 and 2001 Canada Games. He served as National Junior Track & Field Coach in 1993, 1995 and 1999.

In 2003 Doug coached the Dinos to the CIS National Championship and also had two CIS All-Canadian runners despite having a very young team. Doug was named Canada West cross country Coach of the Year in 1999, 2003, and again this past year. He was also named CIS women's cross country Coach of the Year in 2003. Lamont has his National Coaching Certification Program Level III in Distance Running and is an NCCP Master Course Conductor in track & field. He was named Head Coach for Dinos Cross Country and Track & Field in August 2006, replacing Les Gramantik who will serve in an advisory capacity. In his rookie season as head coach of the Dinos track & field teams, he was named the women's team Canada West and CIS Coach of the Year.

ASSISTANT COACHES



Brenda Van Tighem



Mike Van Tighem



Duncan Margach



Robbie Cumming

VALERIE HURDLE

BIRTHDATE: November 17, 1988
 HEIGHT: 5'7"
 HOMETOWN: Lethbridge, Alta.
 FACULTY: Medicine
 EVENTS: 4x800m relay
 YEAR ELIGIBILITY: 2



DANIELLE KENDALL

BIRTHDATE: October 24, 1990
 HEIGHT: 5'7"
 HOMETOWN: Calgary
 FACULTY: Engineering
 EVENTS: 300m, 4x200m relay, 4x400m relay
 YEAR ELIGIBILITY: 1



Event	Seed	CIS Rank
300m	40.60	11

RILEY McQUEEN

BIRTHDATE: July 6, 1987
 HEIGHT: 5'7"
 HOMETOWN: Calgary
 FACULTY: Communication & Culture
 EVENTS: 1000m, 4x800m relay
 YEAR ELIGIBILITY: 3



Event	Seed	CIS Rank
1000m	2:55.62	12

AMONN NELSON

BIRTHDATE: December 23, 1988
 HEIGHT: 5'9"
 HOMETOWN: Calgary
 FACULTY: Kinesiology
 EVENTS: 300m, 4x200m relay, 4x400m relay
 YEAR ELIGIBILITY: 3

Event	Seed	CIS Rank
300m	38.11	1



HOLLY RATZLAFF

BIRTHDATE: October 19, 1984
 HEIGHT: 5'7"
 HOMETOWN: Calgary
 FACULTY: Science
 EVENTS: 600m, 4x200m relay, 4x400m relay
 YEAR ELIGIBILITY: 5

Event	Seed	CIS Rank
600m	1:31.83	3



HEATHER SIM

BIRTHDATE: August 8, 1985
 HEIGHT: 5'5"
 HOMETOWN: Calgary
 FACULTY: Education
 EVENTS: 1000m, 1500m, 4x800m relay
 YEAR ELIGIBILITY: 5

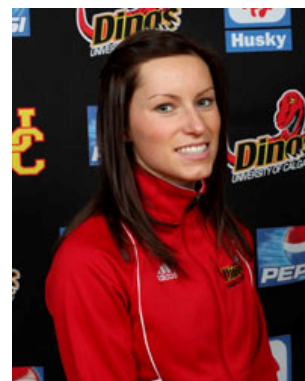
Event	Seed	CIS Rank
1000m	2:50.77	3
1500m	4:33.83	6



ROBYN WEBSTER

BIRTHDATE: September 6, 1988
 HEIGHT: 5'4"
 HOMETOWN: Merritt, B.C.
 FACULTY: Communication & Culture
 EVENTS: Pole Vault, 4x200m relay
 YEAR ELIGIBILITY: 2

Event	Seed	CIS Rank
Pole Vault	3.48	10



JENNIFER ZIMMER

BIRTHDATE: July 31, 1989
 HEIGHT: 5'7"
 HOMETOWN: Cochrane, Alta.
 FACULTY: Open Studies
 EVENTS: 300m, 4x200m relay
 YEAR ELIGIBILITY: 1

Event	Seed	CIS Rank
300m	40.48	9



MARK BAERG

BIRTHDATE: January 7, 1987
 HEIGHT: 6'3"
 HOMETOWN: Calgary
 FACULTY: Haskayne School of Business
 EVENTS: Pole vault
 YEAR ELIGIBILITY: 3

Event	Seed	CIS Rank
Pole vault	4.32	13



SAM EFFAH

BIRTHDATE: December 29, 1988
 HEIGHT: 5'8"
 HOMETOWN: Calgary
 FACULTY: Communication & Culture
 EVENTS: 60m, 300m, 4x200m relay, 4x400m relay
 YEAR ELIGIBILITY: 3

Event	Seed	CIS Rank
60m	6.61	1
300m	33.90	2



EVAN KIMICK

BIRTHDATE: August 24, 1989
 HEIGHT: 5'9"
 HOMETOWN: Calgary
 FACULTY: Schulich School of Engineering
 EVENTS: 4x200m relay, 4x400m relay, 4x800m relay
 YEAR ELIGIBILITY: 2



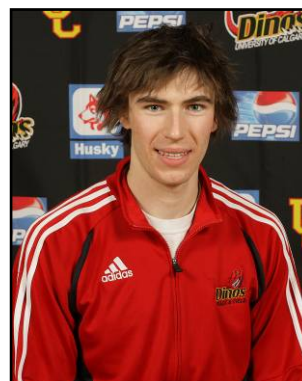
SCOTT NICOL

BIRTHDATE: April 30, 1988
 HEIGHT: 6'
 HOMETOWN: Kelowna, B.C.
 FACULTY: Communication & Culture
 EVENTS: 4x400m relay, 4x800m relay
 YEAR ELIGIBILITY: 3



TRENT RATZLAFF

BIRTHDATE: May 17, 1986
 HEIGHT: 6'
 HOMETOWN: Calgary
 FACULTY: Schulich School of Engineering
 EVENTS: 300m, 600m, 4x200m relay, 4x400m relay
 YEAR ELIGIBILITY: 4



Event	Seed	CIS Rank
300m	34.78	9
600m	1:18.95	1

MIKE SAISEW

BIRTHDATE: June 11, 1987
 HEIGHT: 5'10"
 HOMETOWN: Calgary
 FACULTY: Schulich School of Engineering
 EVENTS: 600m, 4x200m, 4x400m, 4x800m relays
 YEAR ELIGIBILITY: 4



Event	Seed	CIS Rank
600m	1:20.70	11

JUSTIN SINCLAIR

BIRTHDATE: February 6, 1978
 HEIGHT: 5'6"
 HOMETOWN: Calgary
 FACULTY: Kinesiology
 EVENTS: 60m, 4x200m relay
 YEAR ELIGIBILITY: 3

Event	Seed	CIS Rank
60m	6.96	13



HAFEEZ SUMANI

BIRTHDATE: October 3, 1988
 HEIGHT: 6'2"
 HOMETOWN: Calgary
 FACULTY: Social Sciences
 EVENTS: 300m, 4x200m relay, 4x400m relay
 YEAR ELIGIBILITY: 3

Event	Seed	CIS Rank
300m	35.29	13



MADISON THERIAULT

BIRTHDATE: February 9, 1988
 HEIGHT: 6'
 HOMETOWN: Calgary
 FACULTY: Schulich School of Engineering
 EVENTS: 4x800m relay
 YEAR ELIGIBILITY: 4



ADAM WASYLYSHYN

BIRTHDATE: May 5, 1989
 HEIGHT: 6'2"
 HOMETOWN: North Vancouver, B.C.
 FACULTY: Kinesiology
 EVENTS: 4x800m relay
 YEAR ELIGIBILITY: 2



ROBERT YOUNG

BIRTHDATE: July 16, 1983
 HEIGHT: 6'3"
 HOMETOWN: Calgary
 FACULTY: Communication & Culture
 EVENTS: Weight Throw
 YEAR ELIGIBILITY: 3



Event	Seed	CIS Rank
Weight Throw	14.25	11



UNIVERSITY OF CALGARY TRACK & FIELD RECORDS

MEN'S RECORDS			
EVENT	RESULT	YEAR	ATHLETE
60m	6.64	2009	Sam Effah
60m hurdles	8.20	1992	Sandy Brar
300m	33.84	1986	John Graham
600m	1:18.41	1986	John Graham
1000m	2:23.36	1996	Scott Jensen
1500m	3:50.00	1997	Jeremy Deere
3000m	8:16.60	1979	Peter Butler
4x200m relay	1:27:55	2008	Sam Effah, Justin Sinclair, Mike Saisew, Hafeez Sumani,
4x400m relay	3:18.13	2002	Darren Clarke, Luke Ratzlaff, Paul Dacosta, David Shanks
4x800m relay	7:39.29	1995	Chris Drozda, Craig Smith, Jeremy Deere, Scott Jensen
High jump	1.98m	2001	Trevor Phillips
Long jump	7.30m	1999	Scott Kimmins
Triple Jump	13.74m	2007	Nigel Joseph
Pole vault	4.80m	1996	Michael Steen
Shot put	14.99m	1992	Greg Gocal
Weight throw	14.66m	2001	Mike MacDonald
Pentathlon	3834	2003	Trevor Phillips

WOMEN'S RECORDS			
EVENT	RESULT	YEAR	ATHLETE
60m	7.52	1985	Esmie Lawrence
60m hurdles	8.24	2007	Jessica Zelinka
300m	38.07	1985	Esmie Lawrence
600m	1:30.23	1987	Jillian Richardson
1000m	2:48.01	2004	Shannon Slater
1500m	4:30.27	2004	Shannon Slater
3000m	9:28.27	1991	Lisa Harvey
4x200m relay	1:40.35	2003	Jessica King, Jessica Zelinka, Shannon Corry, Amy Barnett
4x400m relay	3:47.47	2005	Megan Czajkowski, Jackie Jones, Renee Kaylor, Veronique St. Pierre
4x800m relay	8:57.50	2005	Heather Sim, Jackie Jones, Shannon Slater, Renee Kaylor
High jump	1.78m	2007	Jessica Zelinka
Long jump	5.89m	2004	Jessica Zelinka
Triple jump	11.94m	2006	Tricia Palmer
Pole vault	3.40m	2005	Karen Baerg
Shot put	14.12m	2007	Jessica Zelinka
Weight throw	14.49m	2002	Jennifer Brown
Pentathlon	4386	2007	Jessica Zelinka

ALL-TIME CALGARY CIS AWARD WINNERS

CIS TRACK ATHLETE OF THE YEAR (Female)	1987	Jillian Richardson
	2007	Jessica Zelinka
CIS FIELD ATHLETE OF THE YEAR (Female)	2003	Jessica Zelinka
	2004	Jessica Zelinka
CIS COACH OF THE YEAR (Women's Team)	2007	Doug Lamont
CIS TRACK ATHLETE OF THE YEAR (Male)	2007	Geoff Kerr
	2008	Sam Effah
OUTSTANDING ATHLETE OF THE CHAMPIONSHIP	2008	Sam Effah

2009 DINOS TRACK & FIELD ROSTER – CIS CHAMPIONSHIPS

MEN'S ROSTER							
Name	Height	Elig Yr	Birthdate	Faculty	Year	Hometown	Last Team
Mark Baerg	6-3	3	01/07/87	Business	3	Calgary, AB	Aberhart HS
Sam Effah	5-8	3	12/29/88	Coms & Culture	1	Calgary, AB	
Evan Kimick	5-9	2	08/24/89	Engineering	1	Calgary, AB	
Scott Nicol	6-0	3	04/30/88	Coms & Culture	2	Kelowna, BC	
Trent Ratzlaff	6-0	4	05/17/86	Engineering	3	Calgary, AB	
Mike Saisew	5-10	4	06/11/87	Engineering	3	Calgary, AB	
Justin Sinclair	5-6	3	02/06/78	Kinesiology	3	Calgary, AB	
Hafeez Sumani	6-2	3	10/03/88	Social Sciences	1	Calgary, AB	
Madison Theriault	6-0	4	02/09/88	Engineering	3	Calgary, AB	
Adam Wasylshyn	6-2	2	05/05/89	Kinesiology	2	Vancouver, BC	
Robert Young	6-3	3	07/16/83	Coms & Culture	4	Calgary, AB	

WOMEN'S ROSTER							
Name	Height	Elig Yr	Birthdate	Faculty	Year	Hometown	Last Team
Valerie Hurdle	5-7	3	11/17/88	Medicine	3	Lethbridge, AB	
Danielle Kendall	5-7	1	10/24/90	Engineering	1	Calgary, AB	
Riley McQueen	5-7	3	07/06/87	Coms & Culture	3	Calgary, AB	
Amonn Nelson	5-9	3	12/23/88	Kinesiology	2	Calgary, AB	
Holly Ratzlaff	5-7	5	10/19/84	Science	3	Calgary, AB	
Heather Sim	5-5	5	08/08/85	Education	1	Calgary, AB	
Robyn Webster	5-4	2	09/06/88	Coms & Culture	3	Merritt, BC	
Jennifer Zimmer	5-7	1	07/31/89	Open Studies	1	Cochrane, AB	

HEAD COACH: Doug Lamont (3rd year)

ASSISTANT COACHES: Brenda Van Tighem, Mike Van Tighem, Duncan Margach, Robbie Cumming, Gwen Ridout, Eric Koo

ATHLETIC DIRECTOR: Kevin Boyles **SPORTS INFORMATION DIRECTOR:** Ben Matchett