

MANITOBA BISON TRACK & FIELD



**2008-2009
MEDIA GUIDE**

MANITOBA BISONS TRACK & FIELD 2008-2009 SEASON SYNOPSIS



Team: Manitoba Bisons

Conference: Canada West

2008-09 Bison women's national ranking: Highest at No. 4 (Dec. 9-23 - three weeks); currently unranked

2008-09 Bison men's national ranking: Highest at No. 1 (Dec. 16-Jan. 13 – five weeks); currently No. 4

2009 Canada West Championship placing: Women 5th place; Men 1st

2008 CIS Championship placing: Women 14th place; Men 8th

Head coach: Claude Berube/12th year (2008-09 and 2007-08 Canada West Men's Team Coach of the Year; Team Canada's track and field team head coach at the NACAC (North American Central American Caribbean) Under 23 Championship in 2008; Team Canada's track and field head coach at the 2007 Summer Universiade; 2004-05 CIS Women's Track and Field Coach of the Year (Sue Wise Award); 2003-04 & 2004-05 Bison Sports Coach of the Year and 1995 & 1997 Athletics Manitoba - Coach of the Year)

General Facts: As the 2009 CIS Track and Field Championship begins in Windsor, ON from March 12-14, Manitoba is currently ranked number four for the men's team and unranked for the women's team in the latest CIS Top 10 poll (March 10/09).

For the Bisons men's squad, the first goal is to make it back to the Top 5 at the CIS Championship in almost a decade (last time was 2001 when they finished fourth). Manitoba has an outside chance to sneak into Top 4 or even Top 3 and if the team reaches the medal podium, this would

be the first time since 1996 when they won the overall CIS men title.

The strength of the team is the tremendous depth on the track and in the field as head coach Claude Berube stated, "I am expecting us to compete for a Top 5 finish and depending on some surprises, we could move up for a chance for a medal finish. I look for an opportunity for us to try and win overall four to five medals at this 2009 CIS Nationals."

The Bison men's track and field team has been ranked in all 14 CIS polls so far this season while the women's team has been ranked in six of the 14 CIS polls this season. The Bison men's track and field team started the New Year ranked as the number one team in the country in the CIS Top 10 poll and held the top position for five consecutive weeks (Dec. 16/08- January 13/09).

There are 19 Bison athletes (14 men and five women) making the 2009 CIS Championship squad (down from last season's 22 participants).

Manitoba will be buoyed by successfully defended the men's Canada West title they won last season and becoming the first Manitoba team to win back-to-back men titles in over a decade (1994, '95, and '96). This is the ninth Canada West men title for Manitoba (1988, '89, '91, '92, '94, '95, '96, 2008 and 2009) in the 42 year history of the conference championship. Berube commented, "We have a slightly smaller men's team at CIS this season but everyone is confident and I feel this is one of the better teams will have taken to Nationals over the last few years."

Manitoba has several medal chances for the men's team starting with two-time silver medalist at the 2009 Canada West Champion Quin Ferguson. The third year runner is ranked third in CIS in the 300m plus third ranked in CIS in the 600m. Kieran Moolchan was a silver medalist at the 2009 Canada West Champion and ranked sixth in CIS in the 60m hurdles. Kris Geyson is ranked fifth in CIS in the 300m while Tyler Hynes is 14th in CIS in the 3000m.

In field events, Garth Suppes is second ranked in CIS in weight throw and eighth in CIS in shot put. Andrew Sheffield is third in CIS in weight throw. Rossel Sabourin is sixth ranked in CIS and Scot Dressler is tenth in CIS in the pole vault. Josh Gundrum is ninth ranked in CIS in triple jump and is 13th in CIS in long jump while Lucas Rodewald is ninth in CIS in high jump.

The men's 4x400m is first in the CIS with the 4x200m ranked fifth in CIS and 4x800 are ranked 12th in CIS. Justin Charrier will also compete in weight throw and David Szczepaniak is in the 300m while Kevin Esau and Zacharie Durand will be involved in relays.

There are five Bison female track and field athletes traveling to Windsor and the best chance for an individual medal will be four sport athlete Caley Miskimmin. The fourth year sprinter blazed her way to a 2009 Canada West Championship first place showing in the 60m and is ranked third in CIS. Two sport athlete Jennifer Campbell is tenth in CIS for the 600m. Kim Bordun, Diana King and Meaghan Woo will all compete in the relays and bolster the 4x200m relay team that is ranked third in CIS and 4x400m relay team, which is ranked fourth in CIS.

Berube said, "I think the women's program is headed in a positive direction with improving results throughout the season. Our strength is on the track and the relay teams seem to have the best chance at medals."

Head Coach Claude Berube

Bison Head Coach in his 12th season

Claude Berube has been the Head Coach of the Bisons since 1997. An alumni of the University of Manitoba, Berube is also the Head Coach of the Bison Cross Country team.

Certification: NCCP Level 4

Major Competition:

- 1994-1997 - Various Ekiden Relay Teams
- 1998 - World X-C Head Coach, Marakkech, Morocco
- 1999 - Pan Am Games, Staff Coach
- 2005 - Summer Universiade (World University Games), Staff Coach
- 2007 - Summer Universiade (World University Games), Head Coach
- 2008 - NACAC (North American Central American Caribbean) Under 23 Championship Head Coach

Awards:

- 1995 & 1997 Athletics Manitoba - Coach of the Year
- 2003-04 Bison Sports Coach of the Year
- 2004-05 Bison Sports Coach of the Year
- 2004-05 CIS Women's Track and Field Coach of the Year (Sue Wise Award)
- 2007-08 Canada West Men's Track and Field Coach of the Year
- 2008-09 Canada West Men's Track and Field Coach of the Year

Other:

- 1999 National Event Development Chair - Men's 800m

Bison Track and Field Coaching Staff

Scot Dressler- Vaults

Melanie Gregg- Jumps

Donna Kaye - Sprints & Relays

Wayne McMahon - Combined Events

Dallas Mooney -Sprints and Relays

Marvin Nash - Sprints

Jill Neumann - Throws

Bruce Pirnie - Throws

George Tanner - Sprints and Jumps

Russ Zacharias - Hurdles and Jumps

Athletic Therapy Certification Candidate

Co-Head Therapists: Vanessa Johnson, Shane Zdebiak

Assistant Therapists: Krissi Martens, Deanna Schirmacher

MANITOBA BISON MEN'S TRACK & FIELD

Justin Charrier

Weight Toss

Height: 6' 4"

Weight: 300 lbs

Current Eligibility Year: 4

Birthdate: 10/27/86

Course: Kinesiology and Rec Mgmt
Year: 3

Hometown: Riverton, Manitoba

Last Team: Riverton Collegiate

Career Highlights and Personal Notes

2007 - 2008 Placed 4th in Weight Toss in
Canada West Championship (15.61m)

2007-2008 Placed 8th in the Weight Toss
at the CIS Championships (14.61m)

2008 - 2009 Placed 6th in Weight Toss in
Canada West Championship (14.32m)

2008-2009 Placed 8th in the Shot Put in
the Canada West Championships (12.52m)

Scot Dressler

Pole Vault

Height: 6' 2"

Weight: 185 lbs

Current Eligibility Year: 5

Birthdate: 03/01/79

Course: Kinesiology and Rec Mgmt
Year: 4

Hometown: Winnipeg, Manitoba

Last Team: John Taylor High School

2005 - 2006 Canada West Second Team
All-Star in men's pole vault (4.60m)

2005 - 2006 Placed 5th in the Pole Vault at
the CIS Championships (4.55m)

2006 - 2007 Canada West Second Team
All-Star, Silver in Pole Vault (4.37m)

2006 - 2007 Placed T-9th in the Pole Vault
at the CIS Championships (4.30m)

2007 - 2008 Placed 3rd in Weight Toss in
Canada West Championship (4.42m)

2007 - 2008 Placed 8th in the Pole Vault at
the CIS Championships (4.60m)

2008 - 2009 Canada West First Team All-
Star, Gold in Pole Vault (4.52m)

Zacharie Durand

4 X 200

4 X 400 (alt.)

Height: 6' 0"

Weight: 160 lbs

Current Eligibility Year: 2

Birthdate: 04/20/89

Course: Engineering

Year: 2

Hometown: La Broquerie, Manitoba

Last Team: Ecole Saint-Joachim

2007 - 2008 Placed third in 4x200m in
Canada West Championship

2007 - 2008 CIS Silver medal winner in the
4x200m

2007-2008 Academic All-Canadian

2008 - 2009 Placed 9th in 600m in Canada
West Championship (1:24.30)

2008 - 2009 Canada West First Team All-
Star, Gold in the 4x400m

2008 - 2009 Silver in the 4x200m in Cana-
da West Championship

Kevin Esau

4 X 400
4 X 200 (alt.)

Height: 6' 2"
Weight: 180 lbs
Current Eligibility Year: 5
Birthdate: 06/22/86
Course: Engineering
Year: 5
Hometown: Mitchell, Manitoba
Last Team: Steinbach Regional High School

Career Highlights and Personal Notes

2006 - 2007 Placed 10th in 600m in Canada West Championship (1:24.86)
2007 - 2008 Canada West Second Team All-Star, Silver in 4x400m
2007 - 2008 Placed 7th in 600m in Canada West Championship (1:23.75)
2007 - 2008 Placed 5th in the 4x400m at the CIS Championship
2008 - 2009 Canada West First Team All-Star, Gold in the 4x400m
2008 - 2009 Silver in the 4x200m in Canada West Championship

Quin Ferguson

300
600
4 X 200
4 X 400

Height: 6' 1"
Weight: 155 lbs
Current Eligibility Year: 3
Birthdate: 07/15/88
Course: Arts
Year: 3
Hometown: Winnipeg, Manitoba
Last Team: Vincent Massey High School

2006 - 2007 Canada West Second Team All-Star, Silver in 600 Meter Run (1:20.04)
2006 - 2007 Canada West Silver in 4x400m
2006 - 2007 CIS Bronze medal winner in the 4x400m
2006 - 2007 Placed 4th in the 600m at the CIS Championships (1:19.39)
2006 - 2007 Placed 6th in the 4x200m at the CIS Championship
2007 - 2008 Placed 3rd in 300m in Canada West Championship (35.20)
2007 - 2008 Canada West Silver in 4x400m
2007 - 2008 CIS Silver medal winner in the 4x200m
2007 - 2008 Placed 4th in the 300m at the CIS Championships (34.64)
2007 - 2008 Placed 2nd in the 600m at the CIS Championships (1:18.64)
2007 - 2008 Placed 5th in the 4x400m at the CIS Championship
2008 - 2009 Canada West Second Team All-Star, Silver in 300 Meter Run (34.45)
2008 - 2009 Silver in 600 Meter (1:19.49) in Canada West Championship
2008 - 2009 Canada West First Team All-Star, Gold in the 4x400m
2008 - 2009 Silver in the 4x200m in Canada West Championship

Kris Geyson

300

4 X 200

4 X 400

Height: 6' 2"

Weight: 170 lbs

Current Eligibility Year: 3

Birthdate: 03/29/86

Course: Engineering

Year: 2

Hometown: Winnipeg, Manitoba

Last Team: Glenlawn Collegiate

Career Highlights and Personal Notes

2004 - 2005 *Placed 10th in the Triple Jump at the CIS Championships with 13.59m*

2004 - 2005 *Placed 6th in the 4x200m Relay at the CIS Championships*

2005 - 2006 *Placed 7th in the 4x400m Relay at the CIS Championships*

2005 - 2006 *CIS Silver medal winner in the 300m with 34.48*

2008 - 2009 *Placed 4th in the 300m in the Canada West Championships (34.92)*

Joshua Gundrum

Long Jump

Triple Jump

Height: 5' 11"

Weight: 145 lbs

Current Eligibility Year: 2

Birthdate: 06/28/89

Course: Kinesiology and Rec Mgmt

Year: 2

Hometown: Swan Lake Manitoba

Last Team: Westmount High School

2007 - 2008 *Placed 5th in Triple Jump in Canada West Championship (13.32m)*

2007 - 2008 *Placed 8th in Long Jump in Canada West Championship (6.21m)*

2008 - 2009 *Canada West First Team All-Star, Gold in the Triple Jump (14.03m)*

2008 - 2009 *Canada West Silver in the Long Jump (6.79m)*

Tyler Hynes

3000

Height: 5' 10"

Weight: 145 lbs

Current Eligibility Year: 4

Birthdate: 12/27/84

Course: Graduate Studies

Year: 5

Hometown: Millgrove, Ontario

Last Team: Ottawa University

2007 - 2008 *Placed 4th in the 4x800m in the Canada West Championship*

2007-2008 *Academic All-Canadian*

2008 - 2009 *Canada West Second Team All-Star, Silver in 3000 Meter Run (8:41.47)*

Kieran Moolchan

60m Hurdles

Height: 5' 9"

Weight: 147 lbs

Current Eligibility Year: 2

Birthdate: 01/29/89

Course: Arts

Year: 2

Hometown: East Selkirk, Manitoba

Last Team: Mennonite Brethren Col-
legiate Institute**Career Highlights and Personal Notes**2007 - 2008 Canada West First Team All-
Star, Gold in 60m Hurdles (8.38)2007 - 2008 Placed third in 4x200m in
Canada West Championship2007 - 2008 Placed 7th in the 60m Hurdles
at the CIS Championships (8.48)2008 - 2009 Canada West Second Team
All-Star, Silver in 60m Hurdles (8.38)**Lucas Rodewald**

High Jump

Height: 6' 1"

Weight: 160 lbs

Current Eligibility Year: 1

Birthdate: 06/25/90

Course: University 1

Year: 1

Hometown: Winnipeg, Manitoba

Last Team: Vincent Massey Collegiate

2008 - 2009 Canada West Second Team
All-Star, Silver in High Jump (1.94m)**Rossel Sabourin**

Pole Vault

Height: 5' 10"

Weight: 165 lbs

Current Eligibility Year: 3

Birthdate: 06/30/86

Course: Asper School of Business

Year: 3

Hometown: Letellier, Manitoba

Last Team: W. C. Miller Collegiate

2008 - 2009 Canada West Second Team All-
Star, Silver in Pole Vault (4.42m)2008 - 2009 Set new Bisons team record in
Pole Vault at Grand Prix #6 (4.62m)2008 - 2009 Set new Bisons team record in
Pole Vault at Boeing Indoor Classic (4.69m)

Andrew Sheffield

Weight Toss

Height: 6' 5"

Weight: 248 lbs

Current Eligibility Year: 5

Birthdate: 03/04/85

Course: Extended Education

Year: 5

Hometown: Swan Lake, Ontario

Last Team: Westmount School Complex

Career Highlights and Personal Notes

2006 - 2007 Placed 10th in Weight Toss in Canada West Championship (12.66m)

2007 - 2008 Placed 5th in Weight Toss in Canada West Championship (15.49m)

2007-2008 Placed 7th in the Weight Toss at the CIS Championships (14.90m)

2008 - 2009 Placed 3rd in Weight Toss in Canada West Championship (16.08m)

Garth Suppes

Weight Toss

Shot Put

Height: 6' 1"

Weight: 191 lbs

Current Eligibility Year: 4

Birthdate: 07/30/87

Course: Agriculture

Year: 4

Hometown: Ridgeville, Manitoba

Last Team: Roseau Valley High School

2006 - 2007 Placed 7th in Weight Toss in Canada West Championship (14.37m)

2006 - 2007 Placed 10th in the Shot Put in the Canada West Championships (12.13m)

2007 - 2008 Placed 3rd in Weight Toss in Canada West Championship (15.93m)

2007 - 2008 Placed 9th in the Shot Put in the Canada West Championships (12.48m)

2007 - 2008 Placed 10th in Weight Toss at the CIS Championship (12.27m)

2008 - 2009 Canada West Second Team All-Star, Silver in Weight Toss (17.01m)

2008-2009 Placed 3rd in the Shot Put in the Canada West Championships (13.54m)

David Szczepaniak

4 X 200

4 X 400

Height: 5' 6"

Weight: 165 lbs

Current Eligibility Year: 3

Birthdate: 07/20/88

Course: Science

Year: 3

Hometown: Winnipeg, Manitoba

Last Team: Miles Mac Collegiate

2006 - 2007 Canada West Second Team All-Star, Silver in 300 Meter Dash (34.94); Silver in 4x400 Meter Relay

2006 - 2007 CIS Bronze medal in 4x400m

2006 - 2007 Placed 6th in the 4x200m at the CIS Championships

2006 - 2007 Placed 7th in the 300m at the CIS Championships (34.96)

2007 - 2008 Placed 4th in the 300m in the Canada West Championships (35.61); third in 4x200m

2007 - 2008 Canada West Second Team All-Star, Silver in 4x400m

2007 - 2008 CIS Silver medal in the 4x200m

2007 - 2008 Placed 7th in the 300m at the CIS Championships (35.17); fifth in 4x400m

2008 - 2009 Canada West First Team All-Star, Gold in the 4x400m

2008 - 2009 Silver in the 4x200m in the Canada West Championship

MANITOBA BISON WOMEN'S TRACK & FIELD

Kim Bordun

4 X 200

4 X 400

Height: 5' 8"

Current Eligibility Year: 2

Birthdate: 02/19/89

Course: Kinesiology and Rec Mgmt

Year: 2

Hometown: Sundown, Manitoba

Last Team: Schevchenko School

Career Highlights and Personal Notes

2007 - 2008 Silver in the 4x400m in the Canada West Championship

2007 - 2008 Placed 4th in the 4x400m at the CIS Championships

2008 - 2009 Silver in the 4x200m in the Canada West Championship

2008 - 2009 Placed third in the 4x400m in Canada West Championship

Jennifer Campbell

600

4 X 400

4 X 200 (alt.)

Height: 5' 8"

Current Eligibility Year: 4

Birthdate: 08/19/87

Course: Kinesiology and Rec Mgmt

Year: 4

Hometown: Winnipeg, Manitoba

Last Team: St. Mary's Academy

Campbell is a two-sport athlete as she also has played the last four seasons with the Bison women's soccer team.

2005 - 2006 Placed 6th in the 4x400m Relay at the CIS Championships

2005 - 2006 Placed 4th in the 4x800m Relay at the CIS Championships

2006 - 2007 Canada West Second Team All-Star, Silver in 4x800m Relay

2006 - 2007 Silver in 4x400m Relay in Canada West Championship

2006 - 2007 Placed 5th in the 4x800 Meter Relay at the CIS Championships

2006 - 2007 Placed 8th in the 4x200 Meter Relay at the CIS Championships

2007 - 2008 Placed 5th in the 4x800 Meter Relay in the Canada West Championships

2007 - 2008 Placed 8th in the 600m in the Canada West Championships (1:39.19)

2008 - 2009 Placed third in the 4x400m in Canada West Championship

2008 - 2009 Placed 4th in the 600m in the Canada West Championships (1:36.20)

Diana King

4 X 200

4 X 400

Height: 5' 6"

Current Eligibility Year: 5

Birthdate: 04/04/86

Course: Kinesiology and Rec Mgmt
Year: 5

Hometown: Winnipeg, Manitoba

Last Team: Balmoral Hall School

Career Highlights and Personal Notes2004-2005 Placed 4th in the 4x200m Relay
at the CIS Championships2004-2005 Placed 16th in the 200m at the
Canadian T&F Championship (26.28)2005-2006 Placed 6th in the 4x400m
Relay at the CIS Championships2005-2006 CIS Bronze medal winner in
the 4x200m2006 - 2007 Canada West Second Team All-
Star, Silver in 4x400m Relay2006-2007 Placed 7th in the 4x400 Meter
Relay at the CIS Championships2006-2007 Placed 8th in the 4x200 Meter
Relay at the CIS Championships2007 - 2008 Canada West Second Team,
Silver in the 4x400m2007 - 2008 Placed 4th in the 4x200m in
the Canada West Championship2007 - 2008 Placed 4th in the 4x200m and
4x400m at the CIS Championships2008 - 2009 Placed 6th in the 600m in the
Canada West Championships (42.05)2008 - 2009 Silver in the 4x200m in the
Canada West Championship2004-2008 Four time Academic All-
Canadian**Caley Miskimmin**

60

4 X 200

4 X 400 (alt.)

Height: 5' 2"

Current Eligibility Year: 4

Birthdate: 03/27/87

Course: Human Ecology
Year: 4

Hometown: Winnipeg, Manitoba

Last Team: Westwood Collegiate

*Miskimmin is a four-sport athlete as she also
has played the last four seasons with the Bison
women's soccer team and plays ringette, bandy.*2005 - 2006 CIS Bronze medal winner in
the 4x200m2006 - 2007 Canada West Second Team
All-Star, Silver in 60 Meter Dash (7.67)2006 - 2007 Placed 6th in the 60m at the
CIS Championships with 7.722007 - 2008 Placed 3rd in 60m in the
Canada West Championship (7.79)2007 - 2008 Placed 4th in the 4x200m in
the Canada West Championship2007 - 2008 Placed 4th in the 4x400m at the
CIS Championships2008 - 2009 Canada West first Team, Gold
in the 60m (7.58)2008 - 2009 Silver in the 4x200m in the
Canada West Championship

Meaghan Woo

4 X 200

4 X 400

Height: 5' 4"

Current Eligibility Year: 3

Birthdate: 09/07/88

Course: Science

Year: 3

Hometown: Winnipeg, Manitoba

Last Team: Westwood Collegiate

Career Highlights and Personal Notes

Woo was a three-time winner at the 2006 Provincial High School Track and Field Championship. The Westwood Collegiate athlete was a champion in the 200m (26.42), 400m (59.64) and 800m (2:25.25). Woo was the junior women's gold medallist in the 400m and 800m at the 2006 Cargill Games Indoor Track and Field Championships.

2006 - 2007 Canada West Second Team All-Star, Silver in 4x400m Relay

2006 - 2007 Placed 3rd in 4x200m Relay in Canada West Championship (1:41.80)

2006 - 2007 Placed 7th in the 4x400 Meter Relay at the CIS Championships

2006 - 2007 Placed 8th in the 4x200 Meter Relay at the CIS Championships

2006 - 2007 Academic All-Canadian

2007 - 2008 Placed 4th in the 600m in the Canada West Championships (1:36.82)

2007 - 2008 Canada West Second Team, Silver in the 4x400m

2007 - 2008 Placed 4th in the 4x200m in the Canada West Championship

2007 - 2008 Placed 4th in the 4x200m and 4x400m at the CIS Championships

2007 - 2008 Academic All-Canadian

2008 - 2009 Silver in the 4x200m in the Canada West Championship

2008 - 2009 Placed third in the 4x400m in Canada West Championship

2007 - 2008 Placed 8th in the 600m in the Canada West Championships (1:38.47)

CIS T&F Women's Top 10 rankings as of March 10/09

Based on point system

1. Guelph
2. Windsor
3. Toronto
4. Saskatchewan
5. Western Ontario
6. Regina
7. Calgary
8. Ottawa
9. Sherbrooke
10. Alberta

CIS T&F Men's Top 10 rankings as of March 10/09

Based on point system

1. Windsor
2. York
3. Sherbrooke
4. **Manitoba**
5. Guelph
6. Saskatchewan
7. Victoria
8. Calgary
9. Western Ontario
10. Ottawa

2009 Canada West T&F Championship Standings

Women

1. Saskatchewan - 97 points
2. Regina - 95.33
3. Calgary - 89
4. Alberta - 75
5. **Manitoba - 38.66**
6. Lethbridge - 7
7. Victoria - 5

Men

1. **Manitoba - 99 points**
2. Saskatchewan - 83.5
3. Regina - 75
4. Calgary - 70
5. Victoria - 36
6. Alberta - 27.5
7. Lethbridge - 16