



2008-09

# CIS Track & Field Championships

March 12-14, 2009

Hosted by:

University of Windsor

# University of Alberta

# MEDIA KIT



Canadian Interuniversity Sport  
Sport interuniversitaire canadien

# TABLE OF CONTENTS

	<i>Page</i>
Table of Contents	2
U of A Athletics Department	3-4
2008-09 University of Alberta Roster	5-7
CIS Team Preview	8
Canada West Records	9
Championships	9-15
Coaching Staff	16-17
Athlete Profiles: Pandas	18-21
Golden Bears	22
2007-08 CIS Championship	23
Team History	24-27

# The University of Alberta



Location	Edmonton, Alberta, Canada
President	Dr. Indira Samarasekara
Chancellor	Eric Newell
Dean of Faculty (Physical Education & Recreation)	Dr. Michael Mahon
School Enrolment (winter 2008-09)	35,569
Conference	Canada West (CWUAA)
National	Canadian Interuniversity Sport (CIS)
Mascot & Name	Golden Bears & GUBA (Great University Bear of Alberta)
Colours	Evergreen & Gold
Website	<a href="http://www.bears.ualberta.ca">www.bears.ualberta.ca</a>

## 2008-09 ATHLETICS ADMINISTRATION

Dale Schulha	Director of Athletics	(780) 492-3413
Vang Ioannides	Associate Director of Athletics (Eligibility/Sports Admin.)	492-5603
Katie Spriggs	Associate Director of Athletics (Financial Aid/Sports Admin.)	492-7995
Mike McTeague	Associate Athletic Director (Development & Alumni Relations)	492-3534
Matt Gutsch	Sports Information Director/Webmaster	492-7214
Paul Cartledge	Sports Information Assistant	492-7214
Joan Matthews-White	Athlete Health Head Athletics Therapist	492-3466
Dale Johns	Accounting Assistant	492-1017
Robin Stewart	Outreach Coordinator & Championships Convenor	492-6820
Trix Baker	Marketing & Development Coordinator	492-7752
Jonathan Krywulak	Athletic Events Manager	492-6933
Keri Blue	Administrative Assistant	492-3365
Sharon Kaminecki	Travel Coordinator	492-5529
Marina Leyderman	Supervisor, Finance and Administration	492-3048
Uwe Welz	Action Photo Credits	492-7214
Andy Devlin (LA Media Design)	Headshot Photo Credits	990-0880
Sales Office	Tickets & Merchandise	492-2327

### 2008-09 U OF A COACHING STAFF

Don Horwood	Men's Basketball	26 <sup>th</sup> Yr
Scott Edwards	Women's Basketball	3 <sup>rd</sup>
Georgette Reed	Cross Country	6 <sup>th</sup>
Rob Krepps	Curling	2 <sup>nd</sup>
Carla Duncan	Field Hockey	7 <sup>th</sup>
Jerry Friesen	Football	8 <sup>th</sup>
Robin Stewart (manager)	Golf	2 <sup>nd</sup>
Eric Thurston (interim)	Men's Ice Hockey	4 <sup>th</sup>
Howie Draper	Women's Ice Hockey	12 <sup>th</sup>
Matt Parrish	Women's Rugby	5 <sup>th</sup>
Len Vickery	Men's Soccer	24 <sup>th</sup>
Liz Jepsen	Women's Soccer	4 <sup>th</sup>
Bill Humby	Swimming	3 <sup>rd</sup>
Russ Sluchinski	Women's Tennis	13 <sup>th</sup>
Corey Stewart	Men's Tennis	4 <sup>th</sup>
Georgette Reed	Track and Field	6 <sup>th</sup>
Terry Danyluk	Men's Volleyball	16 <sup>th</sup>
Laurie Eisler	Women's Volleyball	17 <sup>th</sup>
Anthony Kulak (interim)	Wrestling	1 <sup>st</sup>

### U OF A SPORTS FACILITIES

	Capacity	Phone
Universiade Pavilion (Butterdome)	5,500	(780) 492-3276
Main Gymnasium	2,265	492-3276
Foote Field – Canadian Athletic Centre - Janet Kiggins		
natural grass	1,000	492-6868
artificial turf	2,700	492-6868
Clare Drake Arena (Flo Macapagal)	2,700	492-3569
U of A Varsity (practice) Field		492-6868
Winslow and Christian Memorial Pool	300	492-3570
Van Vliet Centre Equipment Room		492-3276
Saville Sports Centre (tennis – Russ Sluchinski)	8 courts	492-1045
(curling – Rob Krepps)	10 sheets	492-2222
The Steadward Centre		492-3182

**2008-09 U of A Track & Field Roster**  
(2008-09 CIS team in bold)

**Golden Bears**

		Ht.	Wt.	Elig	DOB	Course	Hometown	Prov.	Last Team
Adrian	Adams	6'0"	155	1	9/6/1987	Business	Edmonton	AB	Bev Facey CHS
Joseph	Back	6'0"	142	1	01/18/1985	Agric, Life & Env	Edmonton	AB	Strathcona CHS
William	Bambrick	5'10"	168	1	09/21/1988	Nursing	Edmonton	AB	Sturgeon CHS
Ben	Bartkus	5'11"	160	1	03/19/1990	Phys.Ed. & Rec.	Sherwood Pk	AB	AB Jordan HS
Derek	Bates	6'4"	170	1	02/22/1986	Science	High River	AB	Highwood HS
Geoff	Beaudry	6'2"	170	1	12/13/1990	Engineering	Joussard	AB	EW Pratt HS
Jonathan	Behnke	5'8"	140	1	7/6/1990	Science	Edmonton	AB	Jasper Place HS
Kevin	Blimke	5'11"	155	1	6/11/1990	Phys.Ed. & Rec.	Edmonton	AB	Louis St. Laurent HS
Neil	Brett	6'2"	160	2	12/30/1989	Phys.Ed. & Rec.	Edmonton	AB	Strathcona CHS
David	Brown	5'8"	140	2	11/25/1989	Science	Fredericton	NB	Fredericton HS (UNB)
Rory	Carroll	5'9"	142	3	04/27/1988	Engineering	Edmonton	AB	AB Macdonald HS
Cody	Carver	5'10"	152	3	7/6/1988	Phys.Ed. & Rec.	Edmonton	AB	Strathcona CHS
Dylan	Chen	6'2"	187	1	06/11/1986	Engineering	Calgary	AB	William Aberhart HS
Leo	Chung	5'11"	150	1	02/08/1990	Science	Rky Mtn Hse	AB	St. Dominic HS
David	Crittenden	6'2"	175	3	02/10/1985	Arts	Calgary	AB	L.Beaverbrook (U Calgary)
Joshua	Cunningham	6'4"	180	1	09/28/1988	Engineering	Calgary	AB	Henry Wise Wood HS
T.J.	Dunn	5'9"	161	1	05/18/1986	Arts	Vanderhoof	BC	Ross Sheppard HS
David	Falk	5'8"	122	1	12/25/1988	Arts	Edmonton	AB	Harry Ainlay HS
Nathan	Foerger	6'0"	145	1	07/30/1986	Arts	Edmonton	AB	WP Wagner HS
Eric	Graves	6'3"	160	1	01/14/1987	Science	Chicago	IL	Bluevale Collegiate Institute
Steven	<u>Griffith-Cochrane</u>	5'7"	140	2	11/1/1987	Campus St-Jean	Courtenay	BC	Highland Secondary School
Dylan	Hackenbrook	5'9"	145	5	10/1/1986	Science	Red Deer	AB	Hunting Hills (Red Deer Coll)
Sean	Harms	6'1"	170	1	01/27/1990	Agric, Life & Env	Gr.Prairie	AB	Grande Prairie CHS
Brett	Hart	6'1"	160	2	03/04/1989	Science	Hinton	AB	Harry Collinge HS
Jackson	Hinton	6'2"	155	3	07/08/1981	Arts	Edmonton	AB	Strathcona CHS
Greg	Hill	6'0"	180	1	10/22/1990	Phys.Ed. & Rec.	Calgary	AB	Bowness HS
Ammon	Hoefs	5'7"	160	5	09/13/1984	Science	Whitehorse	YK	Porter Creek HS
Marcus	Ivey	5'7"	138	1	10/29/1990	Engineering	Edmonton	AB	Harry Ainlay HS
Matthew	Janssen	6'4"	180	1	2/10/1990	Science	Edmonton	AB	Strathcona CHS
Nick	Karakochuk	5'11"	160	1	03/22/1990	Science	Stony Plain	AB	Memorial CHS
Patrice	Kong	5'5"	155	1	08/14/1981	Grad. Studies	Vancouver	BC	Le Bocage Int'l School
Joel	Lauzon	6'0"	160	3	12/24/1988	Business	Edmonton	AB	AB O'Leary HS
Graeme	Law	5'8"	135	1	10/20/1990	Engineering	Edmonton	AB	Strathcona CHS
Logan	Lawrence	5'9"	137	1	10/12/1989	Phys.Ed. & Rec.	St. Paul	AB	St. Paul Regional HS
Kristopher	Loshack	6'1"	148	2	9/2/1988	Phys.Ed. & Rec.	Edmonton	AB	W.P. Wagner HS
Daniel	Luu	5'9"	130	1	3/1/1989	Business	Edmonton	AB	Ross Sheppard HS
Steven	Mamczasz	6'3"	175	1	03/23/1990	Arts	Edmonton	AB	St. Francis Xavier HS
Yemi	Marcus	6'0"	185	2	12/05/1987	Science	Calgary	AB	Calgary Christian HS
<b>Darren</b>	<b>McDonald</b>	<b>6'4"</b>	<b>230</b>	<b>5</b>	<b>05/86</b>	<b>Education</b>	<b>Stony Plain</b>	<b>AB</b>	<b>Calgary Christian</b>
Harrison	Moore	5'10"	138	2	12/27/1988	Science	Edmonton	AB	Strathcona CHS
DJ	Olaiya	6'0"	150	1	07/03/1990	Arts	Houston	TX	Millwoods Christian
Edward	Parker	6'1"	187	1	2/10/1987	Agric, Life & Env	St. Albert	AB	Bellrose CHS
Brett	Paulitsch	6'0"	145	1	07/29/1990	Arts	Edmonton	AB	Strathcona CHS
Kevin	Perry	5'10"	175	1	3/3/1990	Science	Edmonton	AB	Strathcona CHS
Greg	Rafter	5'11"	150	1	3/12/1989	Arts	Calgary	AB	Bishop Carroll HS
Brandon	Ritchie	6'2"	185	1	06/08/1989	Arts	Pr.George	BC	Optodd SS
Nicholas	Ritchie	6'0"	175	2	02/08/1986	Phys.Ed. & Rec.	Edmonton	AB	Victoria CHS
<b>Daniel</b>	<b>Rosenke</b>	<b>6'0"</b>	<b>195</b>	<b>2</b>	<b>07/08/1984</b>	<b>Arts</b>	<b>Edmonton</b>	<b>AB</b>	<b>Holy Trinity HS</b>
Peter	Saik	5'9"	165	1	01/29/1986	Education	Edmonton	AB	Edmonton Christian HS
Gregory	Salmon	5'11"	175	1	5/6/1985	Education	Ardrossan	AB	Ardrossan HS
Mark	Staples	5'9"	155	1	4/11/1988	Engineering	Calgary	AB	Strathcona Tweedsmuir

Ronald	Suen	5'9"	120	1	08/26/1988	Education	Edmonton	AB	Jasper Place HS
Jordan	Sykes	6'3"	180	2	12/24/1985	Phys.Ed. & Rec.	Edmonton	AB	W.P. Wagner HS
Omid	Taheri	170	52	1	05/21/1982	Grad. Studies	Isfahan	Iran	Shahi Ejei
Rob	Tso	5'7"	150	4	09/02/1987	Science	Edmonton	AB	Strathcona CHS
James	Weech	5'9"	165	1	10/20/1989	Phys.Ed. & Rec.	Nassau	Bahamas	St. Augustine's Coll
Jamie	Weikum	5'7"	123	2	06/25/1989	Engineering	Edmonton	AB	AB Oscar Romero HS
Delong	Zeng	5'10"	150	1	08/24/1988	Science	Edmonton	AB	Strathcona CHS

#### Head Coach

Georgette Reed  
(6thYear)

#### Assistants

Walter Dong, hurdles  
Ron Thompson, sprints  
Quin Sekulich, sprints  
Jim Kosh, sprints  
Glen Playfair, long distance  
Guy Schultz, long distance  
Bill Gillespie, jumps  
Rob Pike, jumps/CE

#### Head Varsity Therapist

Dr. Joan Matthews-White

#### Varsity Therapy Team

Shelby Karpman - MD  
Jeff Prince - DC  
Lisa Workun - PT  
Alan MacDonald - Massage  
Aaron Andronyk- Massage  
Denzil Ottley – Ath. Therapist

#### Athletic Director

Dale Schulha

#### Associate Directors

Vang Ioannides  
Katie Spriggs

#### Sports Information

Matt Gutsch

## Pandas

		Ht.	Elig	DOB	Course	Hometown	Prov.	Last Team
<b>Lindsay</b>	<b>Acheson</b>	<b>5'5"</b>	<b>4</b>	<b>6/5/1983</b>	<b>Grad Studies</b>	<b>Edmonton</b>	<b>AB</b>	<b>Archbishop Jordan HS</b>
Lys-Divine	Bacinoni Ndemeye	5'1	1	10/16/1989	Arts	Edmonton	AB	Concordia HS
Jenna	Barron	5'3"	1	08/22/1988	Phys.Ed. & Rec.	Edmonton	AB	Strathcona CHS
<b>Lindsey</b>	<b>Bergevin</b>	<b>5'7"</b>	<b>2</b>	<b>01/14/1989</b>	<b>Science</b>	<b>Leduc</b>	<b>AB</b>	<b>Leduc CHS</b>
Danielle	Bobrosky	5'6"	1	12/7/1996	Engineering	Calgary	AB	Bishop Carroll HS
Mariska	Booyens	5'5"	1	07/20/1990	Phys.Ed. & Rec.	Fort McMurray	AB	Westwood Community HS
Katelyn	Bukieda	5'4"	3	09/24/1987	Science	Spruce Grove	AB	Strathcona CHS
Sarah	Campbell	5'10"	1	12/23/1987	Agric, Life & Env	Bonnyville	AB	Bonnyville Centralized HS
<b>Hayley</b>	<b>Degaust</b>	<b>5'4"</b>	<b>1</b>	<b>06/25/1990</b>	<b>Phys.Ed. &amp; Rec.</b>	<b>Edmonton</b>	<b>AB</b>	<b>Ross Sheppard HS</b>
Carlee	Degenhardt	5'9"	1	4/6/1988	Engineering	Lethbridge	AB	LCI
Michèle	DuVal	5'3"	2	12/8/1988	Science	Edmonton	AB	Old Scona Academic HS
Jaclyn	Fedorus	5'7"	3	11/20/1988	Science	Edmonton	AB	McNally HS
<b>Paula</b>	<b>Findlay</b>	<b>5'6"</b>	<b>2</b>	<b>05/26/1989</b>	<b>Science</b>	<b>Edmonton</b>	<b>AB</b>	<b>St. FX HS</b>
Teryn	Harnack	5'7"	1	05/15/1990	Agric, Life & Env	Edmonton	AB	Strathcona CHS
Stacey	Head	5'6"	4	12/24/1986	Education	Grande Prairie	AB	Grande Prairie Composite
Leanne	Hildenbrandt	5'8"	2	05/05/1987	Phys.Ed. & Rec.	Abbotsford	BC	Rick Hansen SS (UVic)
Jennifer	Hockin	5'4"	3	9/7/1986	Arts	Sherwood Park	AB	Bev Facey CHS
Natalie	Ilkiw	5'4"	1	03/22/1989	Phys.Ed. & Rec.	Edmonton	AB	Strathcona CHS
Paige	Irwin	5'10"	3	06/05/1988	Science	Edmonton	AB	Strathcona CHS
Amanda	Jahraus	5'2"	2	12/17/1988	Arts	Edmonton	AB	McNally HS
Atinuke	Johnson	5'6"	2	04/13/1988	Business	Calgary	AB	EP Scarlett HS
Claire	Kassian	5'3"	1	07/05/1988	Phys.Ed. & Rec.	Sherwood Park	AB	Bev Facey CHS
Erin	Kolodziej	5'9"	1	11/15/1990	Agric, Life & Env	Calgary	AB	St. Timothy, Cochrane, AB
Chelcie	Kucharchuk	6'0"	2	03/27/1987	Science	Cherhill	AB	Barrhead CHS
Kim	Lantz	5'4"	1	04/01/1990	Nursing	Calgary	AB	Cochrane HS
Janelle	Lee Pong	5'9"	1	08/10/1990	Science	Edmonton	AB	St. Francis Xavier HS
Kirstie	Lithgow	5'8"	3	09/18/1987	Science	Edmonton	AB	Strathcona CHS

<b>Kathryn</b>	<b>McCaffrey</b>	<b>5'7"</b>	<b>1</b>	<b>10/01/1990</b>	<b>Native Studies</b>	<b>Ardrossan</b>	<b>AB</b>	<b>Bev Facey CHS</b>
Kyran	McKee	5'7"	1	08/30/1990	Arts	Blairmore	AB	Crowsnest Cons.
Sarah	McMaster	5'4"	1	05/23/1990	Arts	Edmonton	AB	St. Joseph HS
Danika	Medinski	5'3"	2	9/3/1989	Engineering	Edson	AB	Parkland CHS
Glynis	Milne	5'9"	1	11/3/1985	Agric, Life & Env	Edmonton	AB	Strathcona CHS
Victoria	Mok	5'4"	1	02/13/1987	Education	Edmonton	AB	Ross Sheppard HS
Liane	Rinn	5'9"	3	05/31/1987	Nursing	Sherwood Park	AB	AB Jordan HS
Jenny	Rintoul	5'4"	1	11/03/1990	Nursing	Edmonton	AB	Harry Ainlay HS
<b>Erica</b>	<b>Rutley</b>	<b>5'8"</b>	<b>2</b>	<b>06/07/1989</b>	<b>Science</b>	<b>Smithers</b>	<b>BC</b>	<b>Smithers (Paradise V. CC)</b>
Katie	Samoil	5'9"	3	09/17/1986	Nursing	Edmonton	AB	Strathcona CHS
<b>Amanda</b>	<b>Schneck</b>	<b>5'9"</b>	<b>3</b>	<b>04/11/1988</b>	<b>Engineering</b>	<b>Edmonton</b>	<b>AB</b>	<b>Strathcona CHS</b>
Meryam	Shillingford	5'4"	1	06/23/1990	Science	Edmonton	AB	AB Macdonald HS
<b>Alana</b>	<b>Soderberg</b>	<b>5'3"</b>	<b>1</b>	<b>05/29/1990</b>	<b>Agric, Life &amp; Env</b>	<b>Edmonton</b>	<b>AB</b>	<b>Harry Ainlay HS</b>
Jennifer	Soderberg	5'5"	4	03/27/1987	Education	Edmonton	AB	Harry Ainlay HS
Joelle	Stenger	5'7"	3	8/2/1988	Phys.Ed. & Rec.	Edmonton	AB	Beaumont CHS
Cassandra	Tomas	5'7"	2	05/18/1989	Engineering	Sherwood Park	AB	Bev Facey HS
Natasja	Treiberg	5'8"	1	10/17/1973	Grad Studies	North Battleford	SK	North Battleford CHS
Jessica	Van Soest	5'7"	3	10/17/1987	Phys.Ed. & Rec.	Edmonton	AB	St. FX HS
Sara	Weselake	5'4"	1	04/29/1985	Grad Studies	Headingley	MB	St. John's Ravenscourt (U Manitoba)
Jocelyn	Westwood	5'6"	2	04/19/1988	Engineering	Calgary	AB	Queen Elizabeth
Larissa	Zariwny	5'2"	2	4/4/1979	Business	Edmonton	AB	Austin O'Brien HS
Melanie	Zunti	5'8"	4	12/20/1985	Pharmacy	Barrhead	AB	Barrhead CHS
Katherine	Zwicker	5'3"	1	02/24/1981	Grad Studies	Lunenburg	NS	Lunenburg Jr/Sr HS

## **Alberta Golden Bears & Pandas 2009 CIS Track & Field Preview**

*By Matt Gutsch*

A small yet skilled and determined group of University of Alberta Golden Bear and Panda track and field athletes will arrive at the University of Windsor for this weekend's CIS championship with something to prove.

Led by head coach Georgette Reed, a former Canadian Olympian, the Pandas have eight athletes and six events covered, while the Golden Bears are sending just two.

Of the 10 total athletes and eight events, though, the U of A programs are expected to return with anywhere from one to three individual medals, including gold.

Sophomores Paula Findlay and Lindsey Bergevin are Alberta's best hopes of a top-podium finish, as Bergevin won bronze last season at the national championship in high-jump and is a two-time Canada West gold medalist. Findlay won CIS silver last season in the 3000m race.

Findlay is a legitimate three-sport threat, competing in cross-country, track, and swimming for the U of A, and is perhaps the best athlete currently competing for any Pandas team. She was the Canada West MVP and rookie of the year for cross-country last season and recently won a pair of medals at the Canada West track and field championship, winning the 3000m and snagging silver in the 1500m race. The Edmonton native also boasts an expansive and stellar resume in triathlon events within Canada as well as internationally and has hauled in medals with the Pandas swimming program, too.

She will also be a part of the Pandas 4x800m relay team along with Lindsay Acheson, Alana Soderberg, and Hayley Degaust.

The remaining members of the Panda contingent at Windsor are: Kathryn McCaffrey in the 60m hurdles and triple-jump, Erica Rutley in pole vault and Amanda Schneck in pentathlon. McCaffrey took home silver in the 60m hurdle race at the conference championship, while Schneck and the relay team brought back Canada West bronze.

Despite their small staff, the Pandas are the #10-ranked team in the CIS.

The Golden Bears are represented by returning athlete Daniel Rosenke in the 60m race and fifth-year Darren McDonald in the weight throw.

Both teams finished sixth at last year's national track championship, but because of the small size of this year's team, neither squad is expected to crack the top six again.

Competition in Windsor is scheduled to begin on Thursday March 12 and will wrap-up on March 14.

# CANADA WEST TRACK & FIELD

## Championship Records

(through 2008-09)

### Women

60m	7.52	Laura Wilson	Trinity Western	2001
	7.52	Esmie Lawrence	Calgary	1985
300m	38.07	Esmie Lawrence	Calgary	1985
600m	1:29.00	Gwen Wall	Saskatchewan	1984
1000m	2:45.10	Trish Wellman	Victoria	1989
1500m	4:19.96	Debbie Scott	Victoria	1981
3000m	9:15.43	Brenda Shackleton	Victoria	1988
60m Hurdles	8.24	Jessica Zelinka	Calgary	2007
4x200m	1:38.47	Boyd, Serby, Mengel, A. Brockman	Saskatchewan	2000
4x400m	3:46.18	C. Wall, G. Wall Hlady, Kroll	Saskatchewan	1984
4x800m	8:51.30	Jones, Meagher Shackleton, Wellman	Victoria	1988
High Jump	1.84	Jeannie Cockroft	UBC	1985
Pole Vault	4.20	Kelsie Hendry	Saskatchewan	2005
Long Jump	6.10	Vanessa Monar	Saskatchewan	1993
Triple Jump	12.54	Janine Polischuk	Regina	2008
Shot Put	15.36	Shannon Kekula	Saskatchewan	1989
Weight Toss	19.02	Kate Forbes	Lethbridge	2005
Pentathlon	4386	Jessica Zelinka	Calgary	2007

### Men

60m	6.64	Sam Effah	Calgary	Feb. 28, 2009
300m	33.56	Cyprian Enweani	Saskatchewan	1984
600m	1:17.25	Byron Goodwin	Manitoba	1994
1000m	2:23.03	Daryl Fillion	Manitoba	1996
1500m	3:50.00	Jeremy Deere	Calgary	1997
3000m	8:09.65	Jeff Scheibler	UBC	1996
60m Hurdles	7.99	Jared Macleod	Manitoba	2001
4x200m	1:27.21	Bailey, Drake Tallon, Wilkins	Saskatchewan	2000
4x400m	3:13.74	Crerar, Goodwin Davis, Trepel	Manitoba	1996
4x800m	7:35.71	1) Cliff Childs 2) Logan Burke 3) Darren Mazzei 4) Geoff Martinson	Victoria	Feb. 27, 2009
High Jump	2.15	Dean Bauch	UBC	1979
Pole Vault	5.10	Ryan Hvidston	Saskatchewan	1999
Long Jump	7.75	Jonathon Moyle	Alberta	1993
Triple Jump	15.65	Shawn Peters	Regina	2001
Shot Put	17.68	Chris Meisner	Lethbridge	2004
Weight Toss	23.42	Jim Steacy	Lethbridge	Feb. 27, 2009
Pentathlon	3804	Trevor Phillips	Calgary	2003

### Canada West Championship

Feb. 27-28 at University of Regina Fieldhouse

### Final Standings

#### Women

1. Saskatchewan 97
2. Regina 95
3. Calgary 89
- 4. Alberta 75**
5. Manitoba 38\*

6. Lethbridge 7
7. Victoria 5

### Men

1. Manitoba 99
2. Saskatchewan 83½
3. Regina 75
4. Calgary 70
5. Victoria 36
- 6. Alberta 27½**
7. Lethbridge 16

### Individual Awards

Top Male Performance: Jim Steacy, Lethbridge  
 Top Female Performance: Heather Steacy, Lethbridge

Male Field Athlete of the Year: Jim Steacy, Lethbridge  
 Female Field Athlete of the Year: Janine Polischuk, Regina

Male Track Athlete of the Year: Sam Effah, Calgary  
 Female Track Athlete of the Year: Heather Sim, Calgary

Male Rookie of the Year: Justin Eckert, Regina  
 Female Rookie of the Year: Taryn Suttie, Saskatchewan

Male Student-Athlete Award: Evan Kimick, Calgary  
 Female Student-Athlete Award: Kailey Smith, Saskatchewan

Men's Coach of the Year: Claude Berube, Manitoba  
 Women's Coach of the Year: Joanne McTaggart, Saskatchewan

### Day One - Friday, Feb. 27 (afternoon)

#### Event 1 Men Weight Throw 35 lb

1 Steacy, Jim	84 U of Lethbridge	23.42m#	7	(CW record)
2 Suppes, Garth	87 U of Manitoba	17.01m@	5	
3 Sheffield, Andrew	85 U of Manitoba	16.08m@	4	
<b>5 McDonald, Darren</b>	<b>87 UA Bears/Pandas</b>	<b>14.87m</b>	<b>2</b>	
	<b>14.56m FOUL</b>	<b>14.87m FOUL</b>	<b>FOUL</b>	<b>14.82m</b>

#### Event 2 Men Long Jump

1 Crossley, Chris	87 U of Saskatchewan	6.83m	7
	6.69m FOUL	6.83m PASS	PASS PASS PASS
2 Gundrum, Josh	89 U of Manitoba	6.79m	5
	FOUL 6.79m FOUL	6.76m FOUL	FOUL
3 Jestadt, Ian	86 U of Regina	6.76m	4
	6.42m 6.46m 6.76m	6.58m FOUL	6.57m
<b>5 Cardoza, Matt</b>	<b>89 UA Bears/Pandas</b>	<b>6.65m</b>	<b>2</b>
	<b>FOUL 6.53m 6.65m 6.65m 6.63m</b>	<b>FOUL</b>	

#### Event 8 Women 1000m Run

1 Sim, Heather	85 U of Calgary	2:54.84	7
2 Smith, Kailey	86 U of Saskatchewan	2:55.97	5
<b>3 Soderberg, Alana</b>	<b>90 UA Bears/Pandas</b>	<b>2:57.70</b>	<b>4</b>
<b>7 Acheson, Lindsay</b>	<b>83 UA Bears/Pandas</b>	<b>3:01.02</b>	

#### Event 9 Men 1000m Run

1 McCormick, Iain	85 U of Saskatchewan	2:26.26@	7
2 Mazzei, Darren	88 U of Victoria	2:26.49@	5
3 Simair, Chris	85 U of Saskatchewan	2:26.87	4
<b>8 Carver, Cody</b>	<b>88 UA Bears/Pandas</b>	<b>2:33.88</b>	

**Event 14 Women 3000m Run**

1 Findlay, Paula	89 UA Bears/Pandas	9:51.94	7
2 Souter, Jodi	88 U of Saskatchewan	10:02.38	5
3 Bruckschwaiger, Katrina	82 U of Manitoba	10:06.95	4

**Event 15 Men 3000m Run**

1 Wiebe, Kelly	87 U of Regina	8:38.82	7
2 Hynes, Tyler	84 U of Manitoba	8:41.47	5
3 Belof, Chris	82 U of Manitoba	8:43.93	4

**Day 1 – Friday, Feb. 27 (evening)****Event 18 Women Long Jump**

1 Polischuk, Janine	85 U of Regina	5.66m	7
2 Valois, Chelsea	87 U of Regina	5.60m	5
3 Kuspira, Katelyn	88 U of Saskatchewan	5.27m	4
4 McCaffrey, Kathryn	90 UA Bears/Pandas	5.23m	3
	5.10m PASS 4.96m 4.97m 5.06m 5.23m		
7 Irwin, Paige	88 UA Bears/Pandas	5.02m	
	FOUL 5.02m 4.89m 4.94m 4.99m FOUL		
8 Zunti, Melanie	85 UA Bears/Pandas	4.98m	
	4.98m 4.93m FOUL 4.93m 4.96m 4.67m		

**Event 19 Women Pole Vault**

1 Vause, Leah	87 U of Saskatchewan	3.88m@	7
	3.73 3.78 3.83 3.88 4.00		
	O P P O XXX		
2 Webster, Robyn	88 U of Calgary	3.48m	5
	3.23 3.33 3.38 3.43 3.48 3.53 3.58		
	O O P XXO XO P XXX		
3 Bergevin, Lindsey	89 UA Bears/Pandas	3.43m	4
	3.23 3.33 3.38 3.43 3.48 3.53		
	O O P O P XXX		
4 Rutley, Erica	89 UA Bears/Pandas	3.43m	3
	3.23 3.33 3.38 3.43 3.48 3.53		
	O O P XO P XXX		

**Event 21 Men 60m Hurdles 1.067m**

1 Baker, Justin	89 U of Regina	8.27@	7
2 Moolchan, Kieran	89 U of Manitoba	8.38	5
3 Nosbush, Jordan	89 U of Saskatchewan	8.45	4
5 Hinton, Jackson	81 UA Bears/Pandas	8.57	2

**Event 22 Women Shot Put 4 kg**

1 Suttie, Taryn	90 U of Saskatchewan	13.87m@	7
2 Fowler, Caitlin	87 U of Regina	12.36m	5
3 Elliott, Kimberly	90 U of Saskatchewan	11.87m	4

**Event 23 Women 60m Hurdles .84m**

1 Polischuk, Janine	85 U of Regina	8.94	7
2 McCaffrey, Kathryn	90 UA Bears/Pandas	8.95	5
3 Valois, Chelsea	87 U of Regina	8.97	4

**Event 24 Men 300m Dash**

1 Effah, Sam	88 U of Calgary	34.17@	7
2 Ferguson, Quin	88 U of Manitoba	34.45@	5
3 Ratzlaff, Trent	86 U of Calgary	34.78	4

**Event 25 Women 300m Dash**

1 Nelson, Amonn	88 U of Calgary	38.63@	7
2 Siemens, Sharai	87 U of Saskatchewan	40.07	5
3 Zimmer, Jenn	89 U of Calgary	40.84	4

**Women Indoor Pentathlon**

	Points	60H	HJ	SP	LJ	800
1 Valois, Chelsea Reg			8.99	1.58m	10.44m	5.40m 2:32.22
87 Team Points: 10	3518		(912)	(712)	(558)	(671) (665)
2 Polischuk, Janine Reg			8.86	1.64m	10.12m	5.63m 2:50.19
85 Team Points: 8	3459		(939)	(783)	(537)	(738) (462)
<b>3 Schneck, Amanda AB</b>			<b>9.67</b>	<b>1.55m</b>	<b>9.30m</b>	<b>4.47m 2:32.34</b>
<b>88 Team Points: 6</b>	<b>3022</b>		<b>(775)</b>	<b>(678)</b>	<b>(484)</b>	<b>(421) (664)</b>
<b>7 Hildebrandt, Leanne AB</b>			<b>9.78</b>	<b>1.52m</b>	<b>7.97m</b>	<b>4.76m 2:44.26</b>
<b>87</b>	<b>2815</b>		<b>(754)</b>	<b>(644)</b>	<b>(397)</b>	<b>(495) (525)</b>

**Men Indoor Pentathlon**

	Points	60H	LJ	SP	HJ	1000
1 Crossley, Chris Sask			8.94	6.71m	12.74m	1.82m 2:50.15
87 Team Points: 10	3564		(759)	(746)	(651)	(644) (764)
2 Sharp, Keegan Sask			8.68	6.53m	11.11m	1.82m 2:42.67
89 Team Points: 8	3563		(818)	(704)	(553)	(644) (844)
3 Andersen, Leslie Reg			8.69	6.65m	8.01m	1.85m 2:44.65
84 Team Points: 6	3407		(816)	(732)	(367)	(670) (822)
-----						
<b>6 Perry, Kevin AB</b>			<b>9.37</b>	<b>6.14m</b>	<b>10.22m</b>	<b>1.52m 2:57.70</b>
<b>90 Team Points: 1</b>	<b>2873</b>		<b>(666)</b>	<b>(617)</b>	<b>(499)</b>	<b>(404) (687)</b>

**Event 28 Men 4x800m Relay**

1 U of Victoria	7:35.71# 10	(new CW record)
1) Childs, Cliff 89	2) Burke, Logan 85	
3) Mazzei, Darren 88	4) Martinson, Geoff 86	
2 U of Calgary	7:46.74 8	
1) Wasylshyn, Adam 89	2) Nicol, Scott 88	
3) Saizew, Mike 87	4) Ratzlaff, Trent 86	
3 U of Saskatchewan	7:57.82 6	
1) Simair, Chris 85	2) Leis, Ben 89	
3) Boldt, Alyosha 89	4) McCormick, Iain 85	
<b>6 U Alberta Golden Bears/ Pandas</b>	<b>8:13.07 1</b>	
<b>1) Carver, Cody 88</b>	<b>2) Carroll, Rory 88</b>	
<b>3) Moore, Harry 88</b>	<b>4) Hart, Brett 89</b>	

**Event 29 Women 4x800m Relay**

1 U of Saskatchewan	9:09.04@ 10
1) Richards, Marcia 78	2) Hanbidge, Helen 88
3) Souter, Jodi 88	4) Smith, Kailey 86
2 U of Calgary	9:09.60@ 8
1) Ratzlaff, Holly 84	2) Hurdle, Valerie 88
3) McQueen, Riley 87	4) Sim, Heather 85
<b>3 U Alberta Golden Bears/ Pandas</b>	<b>9:23.82 6</b>
<b>1) Degaut, Hayley 90</b>	<b>2) Acheson, Lindsay 83</b>
<b>3) Soderberg, Alana 90</b>	<b>4) Findlay, Paula 89</b>

**Day 2 – Saturday, Feb. 28 (afternoon)****Event 30 Women Weight Throw 20 lb**

1 Steacy, Heather	88 U of Lethbridge	17.97m@ 7
2 Suttie, Taryn	90 U of Saskatchewan	17.18m@ 5
3 Klimm, Sarah	87 U of Regina	14.72m 4
<b>8 Kucharchuk, Chelcie</b>	<b>87 UA Bears/Pandas</b>	<b>12.77m</b>
	<b>FOUL 12.77m 11.07m FOUL 12.40m FOUL</b>	

**Event 31 Men Triple Jump**

1 Gundrum, Josh	89 U of Manitoba	14.03m 7
2 Walford, David	90 U of Regina	13.97m 5
3 Jestadt, Ian	86 U of Regina	13.92m 4
<b>5 Cunningham, Josh</b>	<b>88 UA Bears/Pandas</b>	<b>12.84m 2</b>
	<b>12.74m 12.65m 12.84m 12.62m FOUL FOUL</b>	

**Event 33 Women High Jump**

<b>1 Bergevin, Lindsey</b>	<b>89 UA Bears/Pandas</b>	<b>1.70m@</b>	<b>7</b>
1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75			
P P P P P P O O XXX			
2 Polischuk, Janine	85 U of Regina	1.60m	5
3 Valois, Chelsea	87 U of Regina	1.55m	4
<b>4 Irwin, Paige</b>	<b>88 UA Bears/Pandas</b>	<b>1.55m</b>	<b>3</b>
1.35 1.40 1.45 1.50 1.55 1.60			
P P P XO XO XXX			
<b>5 Schneck, Amanda</b>	<b>88 UA Bears/Pandas</b>	<b>1.55m</b>	<b>2</b>
1.35 1.40 1.45 1.50 1.55 1.60			
P P P XXO XXO XXX			

**Event 35 Men Pole Vault**

1 Dressler, Scot	79 U of Manitoba	4.52m	7
2 Sabourin, Rossel	86 U of Manitoba	4.42m	5
3 Baerg, Mark	87 U of Calgary	4.32m	4
<b>4 Tso, Rob</b>	<b>87 UA Bears/Pandas</b>	<b>4.22m</b>	<b>3</b>
3.52 3.72 3.92 4.12 4.22 4.32			
P P P XO O XXX			
<b>7 Janssen, Matthew</b>	<b>90 UA Bears/Pandas</b>	<b>3.92m</b>	
3.52 3.72 3.92 4.12			
P O O XXX			

**Event 36 Women 600m Run**

1 Ratzlaff, Holly	84 U of Calgary	1:32.43@	7
2 Smith, Kailey	86 U of Saskatchewan	1:33.02@	5
3 Friesen, Julene	89 U of Saskatchewan	1:34.71	4
<b>5 Degaust, Hayley</b>	<b>90 UA Bears/Pandas</b>	<b>1:36.74</b>	<b>2</b>

**Event 37 Men 600m Run**

1 Ratzlaff, Trent	86 U of Calgary	1:18.95@	3 7
2 Ferguson, Quin	88 U of Manitoba	1:19.49@	3 5
3 McCormick, Iain	85 U of Saskatchewan	1:19.56@	3 4
<b>7 Carroll, Rory</b>	<b>88 UA Bears/Pandas</b>	<b>1:23.98</b>	<b>2 1</b>

**Event 38 Women 60m Dash**

1 Miskimmin, Caley	87 U of Manitoba	7.58@	7
2 Nelson, Amonn	88 U of Calgary	7.66@	5
3 Ruller, Amanda	88 U of Regina	7.67@	4
<b>5 Lantz, Kim</b>	<b>90 UA Bears/Pandas</b>	<b>7.78</b>	<b>2</b>
<b>6 Lee Pong, Janelle</b>	<b>90 UA Bears/Pandas</b>	<b>7.79</b>	<b>1</b>

**Event 39 Men 60m Dash**

1 Effah, Sam	88 U of Calgary	6.64#	7
2 Robinson, Bradley	84 U of Victoria	6.89	5
3 Sinclair, Justin	78 U of Calgary	6.96	4
<b>5 Rosenke, Dan</b>	<b>84 UA Bears/Pandas</b>	<b>7.00</b>	<b>2</b>

**Event 40 Men Shot Put 7.26 kg**

1 Steacy, Jim	84 U of Lethbridge	16.40m@	7
2 Smith, Andrew	88 U of Saskatchewan	16.16m@	5
3 Suppes, Garth	87 U of Manitoba	13.54m	4
<b>7 McDonald, Darren</b>	<b>87 UA Bears/Pandas</b>	<b>12.63m</b>	
11.43m FOUL 12.55m 11.54m 12.63m FOUL			

**Event 41 Women Triple Jump**

1 Polischuk, Janine	85 U of Regina	11.80m@	7
2 Bauck, Robyn	84 U of Regina	11.33m	5
3 Jestadt, Alison	89 U of Regina	11.05m	4
<b>5 McCaffrey, Kathryn</b>	<b>90 UA Bears/Pandas</b>	<b>10.87m</b>	<b>3</b>
10.43m 10.56m 10.64m 10.68m 10.87m 10.74m			
<b>7 Zunti, Melanie</b>	<b>85 UA Bears/Pandas</b>	<b>10.65m</b>	<b>2</b>

**Event 42 Men High Jump**

1 Eckert, Jeremy	90 U of Regina	2.03m@	7
2 Rodewald, Lucas	90 U of Manitoba	1.94m	5
3 Crossley, Chris	87 U of Saskatchewan	1.90m	3.50
<b>3 Cardoza, Matt</b>	<b>89 UA Bears/Pandas</b>	<b>1.90m</b>	<b>3.50</b>
		<b>1.50 1.55 1.65 1.70 1.75 1.80 1.85 1.90 1.92 1.94 1.96</b>	
		<b>P P P P P P P O P P XXX</b>	
<b>8 Graves, Eric</b>	<b>87 UA Bears/Pandas</b>	<b>1.85m</b>	
		<b>1.50 1.55 1.65 1.70 1.75 1.80 1.85 1.90</b>	
		<b>P P P P O XXO O XXX</b>	

**Event 43 Women 4x200m Relay**

1 U of Calgary	1:41.69@	10
1) Zimmer, Jenn 89	2) Nelson, Amonn 88	
3) Webster, Robyn 88	4) Kendall, Danielle 90	
2 U of Manitoba	1:41.99@	8
1) Miskimmin, Caley 87	2) Woo, Meaghan 88	
3) Bordun, Kimberly-Ann 89	4) King, Diana 86	
3 U of Regina	1:43.20	6
1) Ruller, Amanda 88	2) Bewcyk, Laura 86	
3) Valois, Chelsea 87	4) Polischuk, Janine 85	
<b>4 U Alberta Golden Bears/ Pandas</b>	<b>1:43.32</b>	<b>4</b>
<b>1) Lantz, Kim 90</b>	<b>2) Lee Pong, Janelle 90</b>	
<b>3) Rintoul, Jen 90</b>	<b>4) Kassian, Claire 88</b>	

**Event 28 Men 4x200m Relay**

1 U of Lethbridge	
1) Case, Brett 86	2) Slezina, Anthony 87
3) Pivert, Cody 86	4) Schelesnak, John 89
2 U of Saskatchewan	
1) Setyo, Sean 89	2) Simair, Joshua 87
3) Donsberger, Kyle 89	4) Headley, Chris 89
3 U of Manitoba	
1) Szczepaniak, David 88	2) Ferguson, Quin 88
3) Geyson, Kris 86	4) Durand, Zach 89
<b>6 U Alberta Golden Bears/ Pandas</b>	
<b>1) Blimke, Kevin 90</b>	<b>2) Rosenke, Dan 84</b>
<b>3) Marcus, Yemi 87</b>	<b>4) Hinton, Jackson 81</b>

**Event 45 Women 1500m Run**

1 Sim, Heather	85 U of Calgary	4:33.83	7
<b>2 Findlay, Paula</b>	<b>89 UA Bears/Pandas</b>	<b>4:33.98</b>	<b>5</b>
3 Souter, Jodi	88 U of Saskatchewan	4:36.88	4
<b>5 Soderberg, Alana</b>	<b>90 UA Bears/Pandas</b>	<b>4:45.00</b>	<b>2</b>

**Event 46 Men 1500m Run**

1 Martinson, Geoff	86 U of Victoria	3:50.50@	7
2 Burke, Logan	85 U of Victoria	3:51.15@	5
3 Mallie, Johannes	87 U of Victoria	3:52.33@	4

**Event 47 Women 4x400m Relay**

1 U of Saskatchewan	3:51.78@	10
1) Siemens, Sharai 87	2) Friesen, Julene 89	
3) Gerstmar, Ashley 89	4) Smith, Kailey 86	
2 U of Calgary	3:52.37@	8
1) Kendall, Danielle 90	2) Hurdle, Valerie 88	
3) Nelson, Amonn 88	4) Ratzlaff, Holly 84	
3 U of Manitoba	3:59.72	6
1) Bordun, Kimberly-Ann 89	2) Auger, Chantal 90	
3) Campbell, Jennifer 87	4) Woo, Meaghan 88	
<b>4 U Alberta Golden Bears/ Pandas</b>	<b>4:02.15</b>	<b>4</b>
<b>1) Lee Pong, Janelle 90</b>	<b>2) Rintoul, Jen 90</b>	

**3) Stenger, Joelle 88**

**4) Degaust, Hayley 90**

**Event 48 Men 4x400m Relay**

- 1 U of Manitoba 3:20.78 10  
1) Szczepaniak, David 88 2) Esau, Kevin 86  
3) Ferguson, Quin 88 4) Durand, Zach 89
- 2 U of Regina 3:22.96 8  
1) Foote, Mason 89 2) Clark, Eric 84  
3) Andersen, Leslie 84 4) Baker, Justin 89
- 3 U of Saskatchewan 3:24.51 6  
1) Donsberger, Kyle 89 2) Simair, Joshua 87  
3) McMaster, Iain 88 4) McCormick, Iain 85
- 4 U Alberta Golden Bears/ Pandalas 3:27.36 4**  
**1) Mamczasz, Steven 90 2) Rosenke, Dan 84**  
**3) Carroll, Rory 88 4) Hart, Brett 89**

# The Coaching Staff

## Head Coach

Georgette Reed

(6th Year)



---

*Georgette Reed, ChPC, MA, BA, CSCS*

Georgette is in her sixth year at the helm of the U of A Track & Field and Cross Country programs. She is a certified track and field and strength and conditioning coach with 34 years of competitive experience under her belt in the sports of athletics, bobsleigh, swimming and water polo.

During her athletic career, Georgette represented Canada in the Olympic Games, the World Athletics Championships, the World Bobsleigh Championships, the Pan American Games, the Commonwealth Games and many other international events. As a competitor, Georgette won 17 national titles (15 in the shot put and two discus titles). In addition to her coaching at the U of A, Georgette is currently involved with coaching at the provincial and national levels (World Youth Championships, Canadian Legions National Program, FISU and Olympic Game) as well as completing a Master's of Arts degree in Coaching and her Level IV coaching certification.

### AS A COACH

- 2008-09 is her sixth year as Golden & Pandas Head Coach of varsity Track & Field/Cross Country programs
- Became U of A Head Coach in summer 2003
- Began University of Alberta career as an Assistant Coach in Sept. 2002
- Named winner of 2006 R.E. DuWors Trophy as Canada West Male Team Coach of the Year
- Feb. 24-25, 2006 - led Alberta to first CW men's title since 1993, and women earned CW bronze medal
- Both the Golden Bears Track & Field team (bronze) and Pandas (5th) had their best showing in years at 2006 CIS finals
- U of A men's Cross-country team has won two medals (03, 04) and placed fourth in 2005
- Women's Cross-country has placed 8th (03), 9th (04) and 11th (05) under Coach Reed
- Has worked as a high school track and field and strength and conditioning clinician since 1995. NCCP Level III – throws/Level II swimming
- Finishing MA, and has Level IV certification
- NSCA certified strength and conditioning coach - CSCS
- In May 2002, became involved with track in Sherwood Park (just outside Edmonton) and helped start the SP Track and Field program, serving as Head Coach until Sept.2002

# U of A Team Coaches

**Rob Pike (Jumps/CE)**

•



**Glen Playfair  
(Long Distance)**

- 
- NCCP Level III certified endurance
  - Assistant Head Coach of Golden Bears and Pandas Cross Country team
  - Three-time Canada West cross country Coach of the Year
  - Full-time coach

**Lisa Workun, PT**

# THE PANDAS



**Lindsay Acheson**

**4x800m**

**5'5"**

**Edmonton, AB**

**Year: 4**

**DOB: 06/83**

**Graduate Studies**

- Joins Pandas Track & Field after several years with cross country team
- Fourth year with Pandas cross country, and previously played rugby (2001)
- Qualified for 2009 CIS national championships in 4x800m
- Finished 35<sup>th</sup> overall and was a 2007-08 CIS cross country Second Team All-Star
- First-year MSc PT student
- Member of U of A 2008-09 CIS cross country team
- Completed BPE at U of A 2001-05
- Back with U of A cross country/track and field teams after three-year absence
- Finished 41<sup>st</sup> at 2003 CIS cross country Nationals
- Competed in 1,000m and two relay events at 2003-04 CIS track and field Nationals, including team 4<sup>th</sup> place in 4x800m
- Won CIS and Canada West rugby titles with Alberta in fall 2001
- Named an Academic All-Canadian in 2001-02 & 2003-04
- A member of Lep-Tigers Rugby Club since 1999
- Husband, Paul Tichelaar, competed for Golden Bears cross country team and is an accomplished national/int'l triathlete



**Lindsey Bergevin**

**High Jump, Pole Vault**

**5'7"**

**Leduc, AB**

**Year: 2**

**DOB: 01/89**

**Science**

- Second-year member of Pandas track & field out of Leduc CHS
- Qualified for 2009 CIS championships in high jump and pole vault
- Named 2007-08 Canada West Female Rookie of the Year
- Named a 2007-08 Alberta Academic All-Canadian
- Won high jump at 2008 CW championships; fifth in pole vault
- 2006 & 2007 competed in Western Canada Summer Games (HJ/PV), where she won the high jump event
- Second in high jump at 2007 Junior Nationals



## Hayley Degaust

**4x800m**

**5'4''**

**Edmonton, AB**

**Year: 1**

**DOB: 06/90**

**Phys.Ed. & Rec.**

- First-year Panda student-athlete out of Ross Sheppard HS
- Qualified for 2009 CIS national championships in 4x800m
- Member of 2008-09 U of A CIS cross country team, placing 66<sup>th</sup> overall
- With Edmonton Thunder track team since 2006
- Member of Ross Shepp track team 2006-08
- Cross Country Athletics Alberta Athlete of the Year in 2005, 2006 and 2007



## Paula Findlay

**3000m, 1500m**

**5'6''**

**Edmonton, AB**

**Year: 2**

**DOB: 05/89**

**Science**

- Second-year member of Pandas track & field, cross country teams
- Qualified for 2009 CIS championships in 1500m and 3000m and 4x800
- Won silver in 3000m and competed in 1500m event at 2008 CIS track & field championships
- Finished second in 1500m final at 2008 CW T&F championships
- Ran for Alberta's fourth-place 4x800m relay team at 2008 CW track & field championships
- Was third in 3000m event at 2008 CW finals
- 2007-08 Canada West Athlete of the Year
- 2007-08 Canada West Rookie of the Year
- 2007-08 CIS First Team All-Canadian and First Team CW All-Star
- Placed second at 2007-08 CIS final in Victoria with time of 18:02.14
- With Edmonton Thunder track team since 2005 as an 800m, 1500m and 3000m middle-distance runner
- Joined Edmonton Keyano Swim Club in 2000 as a 200IM and 400IM specialist
- Competed in cross country, track & field and swimming for St. FX High School (2004-07)
- Member of 2006-07 Triathlon Canada Junior development team
- Placed 13<sup>th</sup> at 2006 Triathlon Junior World championships, 6<sup>th</sup> in 2007
- Finished 3<sup>rd</sup> in 3000m event at 2007 Canadian Junior track championships



## Kathryn McCaffrey

**60m Hurdles, Triple Jump**  
**5'7"**  
**Ardrossan, AB**

**Year: 1**  
**DOB: 10/90**  
**Native Studies**

- First-year Native Studies student out of Bev Facey HS in Sherwood Park, AB
- Qualified for 2009 CIS Nationals in 60m hurdles and triple jump
- Member of Edmonton Harriers in 2007 and 2008
- On Phoenix gymnastics squad in 2006 and 2007
- Joined volleyball and track & field teams in high school (2006-08)
- Two-time finalist at high school track Provincials (hurdles champion)
- 2004 Provincial gymnastics champion



## Erica Rutley

**Pole Vault**  
**5'8"**  
**Smithers, BC**

**Year: 2**  
**DOB: 06/89**  
**Science**

- Previously attended Paradise Valley Community College in Phoenix, where she was a member of the track team (pole vault)
- Second-year student-athlete out of Smithers Secondary School (2007)
- Qualified for 2009 CIS national championships in pole vault
- Member of B.C. Juvenile track team (2005), outdoor B.C. junior/senior team (2006) and B.C. junior team (2007)
- With track & field and volleyball teams during high school (2003-07)



## Amanda Schneck

**Pentathlon**

**5'9"**

**Edmonton, AB**

**Year: 3**

**DOB: 04/88**

**Engineering**

- Third-year U of A student-athlete and Canada West pentathlon competitor
- Joined U of A out of highly regarded Strathcona CHS track and field program
- Qualified for 2009 CIS championships in the pentathlon
- Named a 2007-08 U of A Academic All-Canadian
- Placed fifth in pentathlon at 2006 Canada West (CWUAA) championships



## Alana Soderberg

**4x800m**

**5'3"**

**Edmonton, AB**

**Year: 1**

**DOB: 05/90**

**Ag, Life & Enviro Sciences**

- Freshman Agriculture student-athlete who graduated from Harry Ainlay HS (2008)
- Qualified for 2009 CIS national championships in 4x800m
- Member of Edmonton Thunder track club
- Joined cross country and track & field teams in high school (2005-08)

# THE GOLDEN BEARS



**Darren McDonald**

**Weight Throw**  
**6'4", 239**  
**Stony Plain, AB**

**Year: 5**  
**DOB: 05/86**  
**Education**

- Qualified for 2009 CIS championships in the weight throw
- Placed seventh in weight throw at 2007 CIS championships (15.55m)
- Placed 4th in weight throw at 2006 CW championships (13.63m), and 9th (14.4m) at CIS Championships in Saskatoon
- Just shy of CIS top 10 rankings in weight throw



**Daniel Rosenke**

**60m Dash**  
**6'0", 195**  
**Edmonton, AB**

**Year: 2**  
**DOB: 07/84**  
**Arts**

- Third-year student-athlete out of Holy Trinity HS
- Qualified to compete in 60m dash at 2009 CIS championships in Windsor
- Named a 2007-08 U of A Academic All-Canadian
- Twin brother competed for U of Alberta at 2008 CIS track & field championships
- Took part in track & field and soccer at Holy Trinity (2000-02)

## 2007-08 CIS National Championships

March 6-8, 2008 at McGill University in Montreal

### CIS Championships Awards

#### Men

Most Outstanding Athlete Sam Effah, Calgary  
Coach of the year (Bob Boucher Award) Dave Scott-Thomas, Guelph

#### Women

Most Outstanding Athlete Janine Polischuk, Regina  
Coach of the year (Sue Wise Award) Dave Scott-Thomas, Guelph

### CIS Season Awards

#### Men

Athlete of the Year (track) Sam Effah (Calgary), Calgary  
Athlete of the Year (field) Andrew Judge (London, Ont.), Western Ontario  
Rookie of the Year Tommy Lecours (Quebec City), Laval  
Student-athlete Award Randy McAuley (London, Ont.), Western Ontario

#### Women

Athlete of the Year (track) Marie-Ève Dugas (Montreal), Sherbrooke  
Athlete of the Year (field) Janine Polischuk (Regina), Regina  
Rookie of the Year Lindsay Carson (Cambridge, Ont.), Guelph  
Student-athlete Award Sarah Skotty (Greene, NY), St. FX

### Final Standings

#### Men

1. Guelph, 66 points
2. Calgary, 63
3. Windsor, 60
4. Western, 58
5. Sherbrooke, 50
- 6. Alberta, 49**
7. York, 46
8. Manitoba, 43
9. Victoria, 39
10. Toronto, 38
11. Saskatchewan, 34
12. Queen's, 29
13. Ottawa, 24
14. Regina, 18
15. Laval, 14
15. Dalhousie, 14
17. Lethbridge, 10
18. McGill, 4
19. Waterloo, 1

#### Women

1. Guelph, 96.5 points
2. Western, 90
3. Windsor, 80.5
4. Calgary, 73
5. Saskatchewan, 53
- 6. Alberta, 44**
7. Toronto, 34
8. Regina, 31.5
9. Dalhousie, 28
9. Sherbrooke, 28
11. Ottawa, 22
12. Victoria, 21
13. York, 16.5
14. Manitoba, 12
15. Lethbridge, 10
16. McGill, 7
17. Laval, 4
17. Queen's, 4
19. Saint Mary's, 3
20. Waterloo, 2
21. Montreal, 0
21. St. FX, 0

## U of A Track & Field History

Several early winners of the U of A's Bakewell (women) and Wilson Challenge (men) trophies as the school's top athlete took part in track and field.

The 1941 Wilson winner, Robert Freeze, was a member of both the track team and Golden Bears football, while back-to-back winner Jim Macrae – a rare feat at Alberta – ran track, wrestled and played football during the 1948-49 and 1949-50 seasons. Four other U of A athletes – Dave MacKay (hockey, 1939 & 1940), Heather Jones (field hockey, 1993 & 1994), Jenny Cartmell (volleyball, 1999 & 2000) and Danielle Bourgeois (hockey, 2004, & 2005) have received the Top Athlete honour in consecutive years.

The next track and field athlete to take home the school's top individual athletic prize was Brenda Walsh, who tied the 300m world record and won the Bakewell in 1973.

Since the formation of Canada West in 1972, The U of A Track & Field teams have combined to win two national championships and nine conference titles, though there was no national CIA events until the spring of 1981. Much of Alberta's success, however, was experienced during a short time frame, 1978 through 1985, and both teams have surged again in the new millennium.

Brian McC Calder was Alberta's head coach when CW was formed, after conversion from the old WCIAA, before giving way to Gary Ness for the 1974-75 season. The Golden Bears and Pandas seemed to be stuck in the middle, finishing second, third or fourth in the conference, until the team's first long-term, modern era coach came along in the form of Gabor Simonyi.

Simonyi became coach of the track and field programs, along with the cross-country programs, in the fall of 1975. The team improved steadily over the next few years, eventually taking their first conference championship when the Bears grab team gold in 1978, with Lyle Kuchmak and Gerry Swan leading the way. The Pandas, in turn, finished a strong second, led by hurdler Sue Farley and distance 300m specialist Shauna Miller.

Alberta went on to take both the men's (R.E. DuWors) and women's (Eleanor Haslam) title in 1979, as sprinter and jumper Swan was named Most Valuable Athlete. Sprinter Frank Van Doorn and middle distance runner Ian Newhouse also excelled, while Farley, who won the '79 Bakewell, and Margo Howe set records on the women's side. Sean Kehoe, who went on to play for the CFL's Edmonton Eskimos & Winnipeg Blue Bombers, was a talented Bears sprinter, too.

The Bears claimed their third straight conference crown in 1980 and another in 1982. They grabbed team silver medals at each of the first two CIAU Championships in 1981 and 1982 as 1982 Wilson Trophy winner Newhouse set record after record in middle-distance events, including a new world record of 37.00 seconds in the 300m hurdles. The Pandas took gold in the 1981 and 1983 Canada West events and earned bronze at both the 1982 and 1983 Nationals.

Al Weicker succeeded Simonyi as head coach of the programs in 1984 and the Pandas broke through to win Alberta's first CIAU National Championship in 1985. Team captain Mary Burzminski led Alberta with two silver medals and was one of four school members named to the All-Canadian women's swimming team. Burzminski, also a cross-country star, was honoured later that spring with the Bakewell Trophy.

Alberta did not compete in track and field for the 1987-88 season, but resumed in 1988 under the guidance of Ted King. Oral Ogilvie, who would go on to compete at the 1992 Summer Olympics in Barcelona, Spain, emerged as one of the team's best.

Overall results, however, began to slide and, in 1991-92, when King left to take over as coach of the Videotron Track Club in Montreal, the Golden Bears and Pandas squads saw former Polish National Track coach Marek Glowacki grab leadership of the team for an 11-year run. Glowacki arrived from Warsaw in 1982, and brought immediate improvement to overall results on the men's side.

Alberta men finished no worse than second overall at the conference level from 1992 to 1994, and in the top four at Nationals each of those years, led by three gold medals from the relay teams and other top performances by Rob Swartz (1000m) and Johnathon Moyle (sprints, jumps).

Since those days the Golden Bears track team has consistently finished in the team medals at Canada West and in the top 10 nationally, even picking up their one and only National gold medal in 2001, led by throw specialist Murray Heber, an All-Canadian, Academic All-Canadian and winner of the Wilson Trophy as the U of A's top male athlete for 2000-01.

In the summer of 2003, 1992 Olympian and seven-time Canadian shot put champion Georgette Reed took over the head coaching duties of the Bears and Pandas after one year as an assistant.

Coach Reed, the daughter of former CFL running back George Reed, has brought positive attitude and pure heart to the team. Many new, talented prospects have joined an expanding roster. Alberta men took bronze at the 2004 Canada West Championships and were No. 8 nationally. The Pandas were also third in the conference, but had their best Nationals showing since 1999, coming sixth.

The 2005 team was particularly strong on the men's side, while the women's team continues to rebuild and did suffer some injuries. Neville Wright was the school's only double CIS gold medalist in 2004-05, leading the way in the 60m sprint and as a member of the provincial record-setting 4x200m team, clocked at 1:26.81 in the final at Winnipeg's Max Bell Arena on March 12, 2005. The Golden Bears won conference silver and were fifth overall in a tight points race at Nationals, while the Pandas finished fourth in Canada West and eighth nationally.

In 2006 sprinter Carline Muir led the women's side with three gold medals, including two in relays events, to finish fifth overall,

while Neville Wright and Matt Doherty led the men to a bronze medal. The team was well decorated with individual honours, too, as Muir was named CIS Rookie of the Year and Doherty was Field Athlete of the Year. At the conference level Head Coach Georgette Reed was male team Coach of the Year, with Muir picking up Rookie of the Year and Track Athlete of the Year. Doherty was Field Athlete of the Year and Wright Male Track Athlete of the Year, topped off by a Canada West Championship by the men's side, its first such title since 1993.

The 2007 men's team was loaded with stars such as Wright, Doherty and triple jump specialist Jason Moss, placing fourth at the conference level and fifth at Nationals. The Pandas missed Carline Muir, but they fared well at Canada West, finishing second to Calgary, and placed seventh at the CIS Championships. In 2008 the team saw many top finishes, placing an impressive sixth overall on both sides at 2008 Nationals. The 2009 roster is very young and only qualified 10 total athletes to compete on the big stage.

<b>Alberta/Men's Track &amp; Field</b>					
<i>Season</i>	<i>Coach</i>	<i>Alberta</i>		<i>Winner</i>	
		<i>CW</i>	<i>CIS</i>	<i>Season</i>	<i>Coach</i>
1972-73	Brian McC Calder	3	*	UBC	*
1973-74	Brian McC Calder	3	*	Saskatchewan	*
1974-75	Gary Ness	3	*	UBC	*
1975-76	Gabor Simonyi	2	*	Saskatchewan	*
1976-77	Gabor Simonyi	2	*	Saskatchewan	*
1977-78	Gabor Simonyi	1	*	<b>ALBERTA</b>	*
1978-79	Gabor Simonyi	1	*	<b>ALBERTA</b>	*
1979-80	Gabor Simonyi	1	*	<b>ALBERTA</b>	*
1980-81	Gabor Simonyi	2	2	Saskatchewan	Toronto
1981-82	Gabor Simonyi	1	2	<b>ALBERTA</b>	Toronto
1982-83	Gabor Simonyi	4	6	UBC	York
1983-84	Gabor Simonyi	3	6	UBC	York
1984-85	Al Weicker	4	7	UBC	Toronto
1985-86	Al Weicker	3	4	UBC	Toronto
1986-87	Al Weicker	2	7	Saskatchewan	Saskatchewan
1987-88	Alberta Did Not Compete			Manitoba	Manitoba
1988-89	Ted King	6	16	Manitoba	Manitoba
1989-90	Ted King	5	14	UBC	Man./Toronto
1990-91	Ted King	4	5	Manitoba	Windsor
1991-92	Marek Glowacki	2	4	Manitoba	Windsor
1992-93	Marek Glowacki	1	2	<b>ALBERTA</b>	Windsor
1993-94	Marek Glowacki	2	3	Manitoba	Manitoba
1994-95	Marek Glowacki	5	11	Manitoba	Manitoba
1995-96	Marek Glowacki	3	3	Manitoba	Manitoba
1996-97	Marek Glowacki	5	10	Saskatchewan	Sherbrooke
1997-98	Marek Glowacki	3	10	Saskatchewan	Sherbrooke
1998-99	Marek Glowacki	2	11t	Calgary	Sherbrooke
1999-00	Marek Glowacki	2	3	Saskatchewan	Sherbrooke
2000-01	Marek Glowacki	-	1	Saskatchewan	<b>ALBERTA</b>
2001-02	Marek Glowacki	2	3	Saskatchewan	Saskatchewan
2002-03	Jim Slepica	2	6	Saskatchewan	Windsor
2003-04	Georgette Reed	3	8	Saskatchewan	Windsor
2004-05	Georgette Reed	2	5	Saskatchewan	Saskatchewan
2005-06	Georgette Reed	1	3	<b>ALBERTA</b>	Windsor
2006-07	Georgette Reed	4	5	Saskatchewan	Sherbrooke
2007-08	Georgette Reed	5	6	Manitoba	Guelph
2008-09	Georgette Reed	6		Manitoba	
*no CIS championship					

<p><b>Cumulative BTF Team Totals (1972/73 to 2008/09)</b>  <i>Conference Placing (#1-2-3): 6-11-8</i>  <i>CIS Placing (#1-2-3): 1-3-5</i></p>
---

Alberta/Women's Track & Field					
Season	Coach	Alberta		Winner	
		CW	CIS	CW	CIS
1972-73	Brian McCalder	2	*	UBC	*
1973-74	Brian McCalder	4	*	UBC	*
1974-75	Gary Ness	3	*	Saskatchewan	*
1975-76	Gabor Simonyi	3	*	UBC	*
1976-77	Gabor Simonyi	4	*	Saskatchewan	*
1977-78	Gabor Simonyi	2	*	UBC	*
1978-79	Gabor Simonyi	1	*	<b>ALBERTA</b>	*
1979-80	Gabor Simonyi	2	*	Saskatchewan	*
1980-81	Gabor Simonyi	1	8	<b>ALBERTA</b>	Western
1981-82	Gabor Simonyi	2	3	Saskatchewan	Western
1982-83	Gabor Simonyi	1	3	<b>ALBERTA</b>	Western
1983-84	Gabor Simonyi	2	14	Saskatchewan	York
1984-85	Al Weicker	2	1	Saskatchewan	<b>ALBERTA</b>
1985-86	Al Weicker	2	3	Saskatchewan	Saskatchewan
1986-87	Al Weicker	3	3	Calgary	Calgary
1987-88	Alberta Did Not Compete			Saskatchewan	York
1988-89	Ted King	4	11	Calgary	Toronto
1989-90	Ted King	5	9	Manitoba	York
1990-91	Ted King	4	9	Calgary	Calgary
1991-92	Marek Glowacki	6	16	Manitoba	Windsor
1992-93	Marek Glowacki	5	13	Calgary	Windsor
1993-94	Marek Glowacki	4	8	UBC	Windsor
1994-95	Marek Glowacki	5	13	Manitoba	Windsor
1995-96	Marek Glowacki	4	7	Manitoba	Windsor
1996-97	Marek Glowacki	3	11	Saskatchewan	Toronto
1997-98	Marek Glowacki	2	7	Saskatchewan	Toronto
1998-99	Marek Glowacki	2	4t	Saskatchewan	Windsor
1999-00	Marek Glowacki	3	14	Saskatchewan	Saskatchewan
2000-01	Marek Glowacki	-	-	Saskatchewan	Saskatchewan
2001-02	Marek Glowacki	4	10	Calgary	Western Ontario
2002-03	Jim Slepica	3	9	Saskatchewan	Saskatchewan
2003-04	Georgette Reed	3	6	Saskatchewan	Saskatchewan
2004-05	Georgette Reed	4	8	Calgary	Saskatchewan
2005-06	Georgette Reed	3	5	Calgary	Windsor
2006-07	Georgette Reed	2	7	Calgary	Calgary
2007-08	Georgette Reed	3	6	Calgary	Guelph
2008-09	Georgette Reed	4		Saskatchewan	

\*no CIS championship

<p align="center"><b>Cumulative PTF Team Totals (1972/73 to 2008/09)</b>  <i>Conference Placing (#1-2-3): 3-10-9</i>  <i>CIS Placing (#1-2-3): 1-0-4</i></p>
--

**Gabor Simonyi Trophy**  
*(Pandas/Golden Bears T&F Field Events Outstanding Contributor)*

Born and raised in Hungary, Simonyi excelled in athletics, especially as a jumper, from a young age. He emigrated to the UK and eventually Iceland, heading up the National Team at each stop before moving to Canada, where he became a high school teacher and athletic coach in North Battleford, SK. He was named Golden Bears and Pandas Head Coach in the summer of 1975 and held the position for nine years, retiring after the 1983-84 season. Soon after retirement he donated the Field Events trophy while remaining involved in the local athletic community. He retired to B.C., where he passed away early in the new millennium.

<u>Year</u>	<u>Name</u>
1985-86	Danny Lanovaz
1986-87	Nancy Gillis
1987-88	no team
1988-89	Jane Cox

<u>Year</u>	<u>Name</u>
1997-98	Murray Heber
1998-99	Jason Woycheshyn
1999-00	Grant Chapman/Murray Heber
2000-01	Murray Heber

1989-90	Jane Cox
1990-91	Oral O’Gilvie
1991-92	Oral O’Gilvie
1992-93	Jonathan Moyle
1993-94	Ran Huget
1994-95	Cory Choma
1995-96	Ran Huget
1996-97	John Kistenkas

2001-02	Darren Peters
2002-03	Jesse Smith
2003-04	Jamie Johnson
2004-05	Jenilee Way
2005-06	Matt Doherty
2006-07	Matt Doherty
2007-08	Matt Doherty
2008-09	

**Lies Vanderstam Trophy**  
*(Pandas Track & Field MVP)*

Lies Vanderstam was an active Alberta track and field athlete who previously competed for the Dutch at the 1936 Olympics. Vanderstam subsequently came to Canada, where she lived in Calgary. She continued to be very involved in track and field, and was even scheduled to be an Olympic official, but passed away before the event. Vanderstam’s daughter, Liz McBlain, was a prominent University of Alberta athlete who was inducted to the Wall of Fame on April 9, 1999, and donated the trophy the Pandas MVP trophy that honours her Mother’s memory.

<u>Year</u>	<u>Name</u>
1974-75	Debbie Ryan
1975-76	Sue Farley
1976-77	Sue Farley
1977-78	Becky Sjare/Margo Howe
1978-79	Sue Bell
1979-80	Margaret Howe
1980-81	Janet Shulha
1981-82	
1982-83	Nancy Gillis/Mary Burzminski
1983-84	Carmella Hunka
1984-85	Mary Burzminski
1985-86	Nancy Gillis
1986-87	Noella Lee Pong
1987-88	
1988-89	Carmelle Hunka
1989-90	Carmelle Hunka
1990-91	Jane Cox
1991-92	Tara Parker

<u>Year</u>	<u>Name</u>
1992-93	Rosemary Ball
1993-94	Esther Medema
1994-95	Esther Medema
1995-96	Esther Medema
1996-97	Pamela Posein
1997-98	Jennifer Koelbl
1998-99	Sintra Lewis
1999-00	Sintra Lewis
2000-01	Jenny Danilowich
2001-02	Laurel Sharun
2002-03	Lindsay McMaster
2003-04	Elaine Hua
2004-05	Jenilee Way
2005-06	Carrah Bouma
2006-07	Janelle Khan
2007-08	Jenilee Way
2008-09	

**Outstanding Contribution Trophy**  
*(Golden Bears Track & Field MVP)*

<u>Year</u>	<u>Name</u>
1974-75	Damien Gynane
1975-76	Darrell Menard
1976-77	Simon Brane/Gerry Swan
1977-78	
1978-79	Gerry Swan
1979-80	Brian McFadden
1980-81	Ian Newhouse
1981-82	Ian Newhouse
1982-83	David Alton/Vlad Dzavik
1983-84	Danny Lanovaz
1984-85	Brian Monaghan
1985-86	Danny Lanovaz
1986-87	Angus McDonald
1987-88	Jason Chamney
1988-89	Jason Chamney
1989-90	Jason Chamney
1990-91	Oral Ogilvie
1991-92	Rob Swartz

<u>Year</u>	<u>Name</u>
1992-93	Rob Swartz
1993-94	Ran Huget
1994-95	Darcy Molstad
1995-96	Rohan Neil
1996-97	Kevin Olson
1997-98	Kevin Olson
1998-99	Murray Heber
1999-00	Murray Heber/Grant Chapman
2000-01	Murray Heber
2001-02	Grant Chapman
2002-03	Grant Chapman
2003-04	Rob Fisher
2004-05	Neville Wright
2005-06	Matt Doherty
2006-07	Eric Leydon
2007-08	Marcus Cunningham
2008-09	