

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**Mixed 60 Meter Dash 12:40pm**

| Name | Age | Team | Prelims | Wind | Age-Grading | H# |
|--|------------|--------------------------|--------------|------------|--------------------|-------------|
| Preliminaries | | | | | | |
| -- Shemar Allen-Barnum | M15 | Flying Angels | SCR | NWI | | 1 |
| 1 Dree Ryan | M35 | Jamaica | 7.03q | NWI | 6.96 91.89% | 7 |
| 1 Nicholas Palomino | M18 | Flying Angels | 7.10q | NWI | 6.86 93.24% | 7 |
| 1 Nigel John | M41 | UTTC | 7.62q | NWI | 7.20 88.71% | 7 |
| 1 Jason Melhado | M32 | Unattached | 7.67q | NWI | 7.68 83.31% | 6 |
| 1 Ken Kudo | M51 | Unattached | 7.81q | NWI | 6.87 93.09% | 6 |
| 1 Chris Lemassif | M46 | UTTC | 7.92q | NWI | 7.22 88.64% | 6 |
| 1 Wendy Clarke | W30 | Unattached | 8.15q | NWI | 8.16 84.91% | 6 |
| 1 Brianna Gayle | W12 | Flying Angels | 8.25q | NWI | 7.69 90.06% | 5 |
| 1 Karla Del Grande | W60 | Mississauga Track | 8.56q | NWI | 6.71103.15% | 4 WR |
| (old WR 8.68 Valerie Parsons GBR '07, old CAN 8.97 Carol Lafayette-Boyd SK 2004) | | | | | | |
| 1 Tony Powell | M70 | Unattached | 8.74q | NWI | 6.78 94.28% | 4 |
| 1 Bryan Baldsing | M55 | Unattached | 8.82q | NWI | 7.54 84.81% | 3 |
| 1 Peter Zowkewych | M63 | UTTC | 9.30q | NWI | 7.54 84.73% | 3 |
| 1 Kimberley Van Delst | W43 | Unattached | 9.64q | NWI | 9.00 76.97% | 1 |
| 1 Patricia Vilone | W52 | Unattached | 11.58q | NWI | 9.82 70.55% | 2 |
| 2 Rashad Glasgow | M19 | Flying Angels | 7.30q | NWI | 7.12 89.86% | 7 |
| 2 Howard Powell | M37 | Unattached | 7.54q | NWI | 7.35 87.00% | 7 |
| 2 Michael Lee Foon | M53 | Jamaica | 7.84q | NWI | 6.80 94.01% | 7 |
| 2 Rick Reynolds | M47 | Unattached | 7.95q | NWI | 7.19 88.93% | 5 |
| 2 D Powell | M31 | Unattached | 8.01q | NWI | 8.02 79.78% | 3 |
| 2 Esther Aoule | W13 | Flying Angels | 8.41q | NWI | 7.97 86.80% | 4 |
| 2 Mike Morris | M73 | Unattached | 9.00q | NWI | 6.83 93.56% | 4 |
| 2 Sam Vilone | M56 | Unattached | 9.14q | NWI | 7.76 82.39% | 5 |
| 3 Sodiq Ibrahim | M18 | Flying Angels | 7.44q | NWI | 7.19 88.98% | 2 |
| 3 Dave Kervin | M35 | Peterborough | 7.91q | NWI | 7.83 81.67% | 6 |
| 3 Will Hudson | M47 | UTTC | 8.06q | NWI | 7.29 87.72% | 5 |
| 3 Cat Iordan | M31 | Unattached | 8.10q | NWI | 8.11 78.89% | 4 |
| 3 Raquel Sadovnick | W17 | Flying Angels | 9.13q | NWI | 8.99 77.00% | 2 |
| 3 David Stern | M73 | Mississauga Tra | 9.59q | NWI | 7.28 87.80% | 3 |
| 4 Emmanuel Missah | M18 | Flying Angels | 7.45q | NWI | 7.20 88.86% | 2 |
| 4 Isabella Goudros | W11 | Flying Angels | 9.18q | NWI | 8.37 82.79% | 1 |
| 4 Jodie St John | M33 | Peterborough | 11.47q | NWI | 11.48 55.71% | 3 |
| 5 Emmanuel Richards | M15 | Flying Angels | 7.69q | NWI | 7.18 89.08% | 1 |
| 5 D'Asia Francis | W14 | Flying Angels | 9.40q | NWI | 9.03 76.70% | 3 |
| 6 Marcus Carrington | M17 | Flying Angels | 7.99q | NWI | 7.64 83.73% | 2 |
| 6 Abigail Richards | W11 | Flying Angels | 9.73q | NWI | 8.87 78.11% | 1 |
| 7 Abtin Soltani | M14 | Flying Angels | 8.44q | NWI | 7.76 82.35% | 4 |
| 7 Nia Dalechuku | W11 | Flying Angels | 9.85q | NWI | 8.98 77.16% | 1 |
| 8 D'Andre Johnson | M14 | Flying Angels | 8.50q | NWI | 7.82 81.76% | 4 |
| 8 Keiyah Buckle | W10 | Flying Angels | 10.43q | NWI | 9.23 74.98% | 2 |
| 9 Matthew Richards | M12 | Flying Angels | 8.63q | NWI | 7.64 83.66% | 4 |
| 10 Lorencz Sparks | M10 | Flying Angels | 9.30q | NWI | 7.80 81.94% | 3 |
| 11 Alwrick Alexander | M12 | Flying Angels | 9.54q | NWI | 8.45 75.68% | 1 |
| 12 Sean Bucknor Johnson | M9 | Flying Angels | 9.57q | NWI | 7.73 82.76% | 3 |
| 13 Abu Isaac Samura | M10 | Flying Angels | 10.51q | NWI | 8.82 72.50% | 1 |
| 14 Kyler Luo | M6 | Flying Angels | 11.90q | NWI | 7.67 83.36% | 2 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**Mixed 60 Meter Dash 12:40pm**

| Name | Age Team | Finals | Wind | Age-Grading | H# | Points |
|-------------------------|-------------------|--------|------|-------------|--------|--------|
| Finals | | | | | | |
| 1 Dree Ryan | M35 Jamaica | 7.07 | NWI | 7.00 | 91.37% | 5 7 |
| 2 Nicholas Palomino | M18 Flying Angels | 7.08 | NWI | 6.84 | 93.50% | 4 5 |
| 3 Rashad Glasgow | M19 Flying Angels | 7.28 | NWI | 7.10 | 90.11% | 5 4 |
| 4 Sodiq Ibrahim | M18 Flying Angels | 7.46 | NWI | 7.21 | 88.74% | 5 3 |
| 5 Howard Powell | M37 Unattached | 7.52 | NWI | 7.33 | 87.23% | 5 2 |
| 6 Nigel John | M41 UTTC | 7.52 | NWI | 7.11 | 89.89% | 4 1 |
| 7 Emmanuel Missah | M18 Flying Angels | 7.54 | NWI | 7.28 | 87.80% | 5 |
| 8 Emmanuel Richards | M15 Flying Angels | 7.55 | NWI | 7.05 | 90.73% | 3 |
| 9 Jason Melhado | M32 Unattached | 7.73 | NWI | 7.74 | 82.66% | 4 |
| 10 Michael Lee Foon | M53 Jamaica | 7.82 | NWI | 6.78 | 94.25% | 4 |
| 11 D Powell | M31 Unattached | 7.85 | NWI | 7.86 | 81.40% | 3 |
| 12 Marcus Carrington | M17 Flying Angels | 7.88 | NWI | 7.53 | 84.90% | 3 |
| 13 Chris Lemassif | M46 UTTC | 7.91 | NWI | 7.21 | 88.75% | 4 |
| 14 Dave Kervin | M35 Peterborough | 7.93 | NWI | 7.85 | 81.46% | 4 |
| 15 Ken Kudo | M51 Unattached | 7.97 | NWI | 7.01 | 91.22% | 4 |
| 16 Rick Reynolds | M47 Unattached | 7.98 | NWI | 7.22 | 88.60% | 3 |
| 17 Will Hudson | M47 UTTC | 8.20 | NWI | 7.42 | 86.22% | 3 |
| 18 Cat Jordan | M31 Unattached | 8.24 | NWI | 8.25 | 77.55% | 3 |
| 19 Wendy Clarke | W30 Unattached | 8.29 | NWI | 8.30 | 83.47% | 3 |
| 20 Brianna Gayle | W12 Flying Angels | 8.34 | NWI | 7.77 | 89.09% | 2 |
| 21 Abtin Soltani | M14 Flying Angels | 8.42 | NWI | 7.75 | 82.54% | 2 |
| 22 D'Andre Johnson | M14 Flying Angels | 8.48 | NWI | 7.80 | 81.96% | 2 |
| 23 Esther Aoule | W13 Flying Angels | 8.51 | NWI | 8.07 | 85.78% | 2 |
| 24 Matthew Richards | M12 Flying Angels | 8.75 | NWI | 7.75 | 82.51% | 6 |
| 25 Bryan Baldsing | M55 Unattached | 8.78 | NWI | 7.51 | 85.19% | 2 |
| 26 Mike Morris | M73 Unattached | 8.98 | NWI | 6.82 | 93.76% | 2 |
| 27 Sam Vilone | M56 Unattached | 9.06 | NWI | 7.70 | 83.11% | 2 |
| 28 Raquel Sadovnick | W17 Flying Angels | 9.10 | NWI | 8.96 | 77.25% | 2 |
| 29 Isabella Goudros | W11 Flying Angels | 9.27 | NWI | 8.45 | 81.98% | 1 |
| 30 Sean Bucknor Johnson | M9 Flying Angels | 9.30 | NWI | 7.51 | 85.16% | 6 |
| 31 Lorencz Sparks | M10 Flying Angels | 9.38 | NWI | 7.87 | 81.24% | 6 |
| 32 Abu Isaac Samura | M10 Flying Angels | 9.39 | NWI | 7.88 | 81.15% | 6 |
| 33 D'Asia Francis | W14 Flying Angels | 9.53 | NWI | 9.16 | 75.66% | 1 |
| 34 Abigail Richards | W11 Flying Angels | 9.77 | NWI | 8.90 | 77.79% | 1 |
| 35 Kimberley Van Delst | W43 Unattached | 9.78 | NWI | 9.13 | 75.87% | 1 |
| 36 Nia Dalechuku | W11 Flying Angels | 9.90 | NWI | 9.02 | 76.77% | 1 |
| 37 Keiyah Buckle | W10 Flying Angels | 10.42 | NWI | 9.22 | 75.05% | 1 |
| 38 Alwrick Alexander | M12 Flying Angels | 10.71 | NWI | 9.48 | 67.41% | 6 |
| 39 Patricia Vilone | W52 Unattached | 11.48 | NWI | 9.73 | 71.17% | 1 |
| 40 Jodie St John | M33 Peterborough | 11.70 | NWI | 11.71 | 54.62% | 1 |
| 41 Kyler Luo | M6 Flying Angels | 12.07 | NWI | 7.78 | 82.19% | 6 |

Mixed 200 Meter Dash 2:45pm

| Name | Age Team | Finals | Wind | Age-Grading | H# | Points |
|---------------------|-------------------|--------|------|-------------|--------|--------|
| 1 Howard Powell | M37 Unattached | 24.31 | NWI | 23.08 | 83.71% | 12 7 |
| 2 Richard Reid | M45 Jamaica | 24.74 | NWI | 22.11 | 87.39% | 12 5 |
| 3 Emmanuel Missah | M18 Flying Angels | 24.76 | NWI | 24.18 | 79.93% | 1 4 |
| 4 Emmanuel Richards | M15 Flying Angels | 25.23 | NWI | 23.50 | 82.24% | 10 3 |
| 5 Michael Lee Foon | M53 Jamaica | 25.39 | NWI | 21.44 | 90.11% | 12 2 |
| 6 Chris Lemassif | M46 UTTC | 25.46 | NWI | 22.59 | 85.55% | 10 1 |
| 7 Ken Kudo | M51 Unattached | 25.53 | NWI | 21.86 | 88.41% | 11 |
| 8 Dave Kervin | M35 Peterborough | 25.76 | NWI | 24.84 | 77.80% | 10 |
| 9 Marcus Carrington | M17 Flying Angels | 26.16 | NWI | 25.19 | 76.72% | 9 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

| | | | | | | | |
|--|---------------------|--------------|------------|--------------|---------------|----------|------------|
| 10 Rick Reynolds | M47 Unattached | 26.43 | NWI | 23.29 | 82.97% | 9 | |
| 11 D Powell | M31 Unattached | 27.19 | NWI | 27.08 | 71.35% | 6 | |
| 12 Abtin Soltani | M14 Flying Angels | 27.79 | NWI | 25.37 | 76.18% | 8 | |
| 13 Brianna Gayle | W12 Flying Angels | 28.03 | NWI | 24.97 | 85.48% | 7 | |
| 14 Esther Aoule | W13 Flying Angels | 28.54 | NWI | 25.97 | 82.17% | 7 | |
| 15 Tony Powell | M70 Unattached | 28.72 | NWI | 21.51 | 89.83% | 7 | |
| 16 Renee Dalechuku | W15 Flying Angels | 29.77 | NWI | 28.00 | 76.22% | 2 | |
| 17 Raquel Sadovnick | W17 Flying Angels | 30.34 | NWI | 29.24 | 73.01% | 6 | |
| 18 D'Asia Francis | W14 Flying Angels | 30.73 | NWI | 28.47 | 74.98% | 5 | |
| 19 Lorencz Sparks | M10 Flying Angels | 30.84 | NWI | 25.05 | 77.14% | 6 | |
| 20 Alwrick Alexander | M12 Flying Angels | 31.30 | NWI | 27.20 | 71.05% | 5 | |
| 21 Mike Morris | M73 Unattached | 31.34 | NWI | 22.41 | 86.22% | 6 | |
| 22 Sean Bucknor Johnson | M9 Flying Angels | 31.75 | NWI | 24.66 | 78.36% | 4 | |
| 23 David Stern | M73 Mississauga Tra | 32.59 | NWI | 23.31 | 82.91% | 5 | |
| 24 Isabella Goudros | W11 Flying Angels | 32.67 | NWI | 28.36 | 75.27% | 2 | |
| 25 Nia Dalechuku | W11 Flying Angels | 33.82 | NWI | 29.35 | 72.71% | 2 | |
| 26 Kimberley Van Delst | W43 Unattached | 33.98 | NWI | 30.93 | 69.01% | 1 | |
| 27 Keiyah Buckle | W10 Flying Angels | 34.16 | NWI | 28.71 | 74.33% | 2 | |
| 28 Abu Isaac Samura | M10 Flying Angels | 36.68 | NWI | 29.79 | 64.86% | 3 | |
| 29 Kyler Luo | M6 Flying Angels | 41.88 | NWI | 25.67 | 75.26% | 3 | |
| 30 Alice Cole | W80 Quebec | 42.52 | NWI | 25.21 | 84.67% | 3 | CAN |
| (old CAN 48.30 Betty McQuarrie AB '09) | | | | | | | |
| 31 Jodie St John | M33 Peterborough | 43.91 | NWI | 43.04 | 44.89% | 4 | |
| -- Nigel John | M41 UTTC | | DQ | NWI | | 11 | |
| -- Will Hudson | M47 UTTC | | DQ | NWI | | 9 | |
| -- Wendy Clarke | W30 Unattached | | DQ | NWI | | 10 | |
| -- Matthew Richards | M12 Flying Angels | | DQ | NWI | | 8 | |
| -- Abigail Richards | W11 Flying Angels | | DQ | NWI | | 4 | |

Mixed 400 Meter Dash 1:20pm

| Name | Age Team | Finals | Age-Grading | H# | Points |
|---|----------------------------|----------------|---------------------|----------|-----------|
| 1 Rashad Glasgow | M19 Flying Angels | 53.02 | 52.44 82.35% | 5 | 7 |
| 2 Nicholas Palomino | M18 Flying Angels | 53.60 | 52.44 82.35% | 5 | 5 |
| 3 Nigel John | M41 UTTC | 54.75 | 50.84 84.95% | 4 | 4 |
| 4 Michael Sherar | M50 UTTC | 55.22 | 48.15 89.70% | 5 | 3 |
| 5 Chris Lemassif | M46 UTTC | 56.74 | 50.86 84.91% | 5 | 2 |
| 6 Norton Wo | M45 Unattached | 58.76 | 53.02 81.45% | 4 | 1 |
| 7 Milton Ashmeade | M28 Jamaica | 62.76 | 62.77 68.80% | 2 | |
| 8 D'Andre Johnson | M14 Flying Angels | 66.39 | 60.79 71.03% | 4 | |
| 9 Chris Webb | M48 Unattached | 66.62 | 58.90 73.33% | 3 | |
| 10 Karla Del Grande | W60 Mississauga Tra | 67.17 | 50.11 95.00% | 3 | WR |
| (old WR 68.34 Phil Raschker USA '08, old CAN 1:15.44 Rhona Trott ON '09) | | | | | |
| 11 Gwen Bailey-Mason | W47 UTTC | 71.05 | 59.94 79.42% | 3 | |
| 12 Duncan Greenshields | M65 UTTC | 71.09 | 56.28 76.73% | 3 | |
| 13 Renee Dalechuku | W15 Flying Angels | 71.43 | 65.77 72.38% | 1 | |
| 14 Kimberley Van Delst | W43 Unattached | 74.17 | 65.18 73.03% | 1 | |
| 15 Raymond Jonasson | M57 Unattached | 76.75 | 63.91 67.57% | 2 | |
| 16 Alice Cole | W80 Quebec | 1:39.82 | 52.80 90.16% | 2 | WR |
| (ols WR 1:54.97 Ruth Helfenstein SUI '12, old CAN 2:00.18 Lenore Montgomery BC '13) | | | | | |
| 17 Darion Jackson | M8 Flying Angels | 1:40.77 | 73.48 58.77% | 1 | |
| -- Alexandra Isaac | W19 Flying Angels | | DNF | 1 | |
| -- Leah Jones | W15 Flying Angels | | DNF | 1 | |
| -- Niegel Geohagen, | M45 Jamaica | | DQ | 2 | |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**Mixed 1000 Meter Run 1:40pm**

| Name | Age | Team | Finals | Age-Grading | H# | Points |
|---------------------------|-----|--------------------|---------|----------------|----|--------|
| 1 Michal Kapral | M41 | UTTC | 2:52.33 | 2:41.37 80.87% | 3 | 7 |
| 2 Ming Tsai | M41 | UTTC | 2:59.49 | 2:48.08 77.64% | 3 | 5 |
| 3 Nicolae Petrescu | M31 | Unattached | 3:02.04 | 3:02.05 71.69% | 3 | 4 |
| 4 Robert Kay | M31 | Longboat RR | 3:02.50 | 3:02.51 71.51% | 3 | 3 |
| 5 Patrick Menzies | M43 | Unattached | 3:04.43 | 2:49.51 76.99% | 3 | 2 |
| 6 John Albert | M58 | Unattached | 3:10.01 | 2:33.25 85.16% | 3 | 1 |
| 7 John Helliker | M62 | UTTC | 3:11.52 | 2:29.58 87.24% | 3 | |
| 8 Ibrahim Kedir | M14 | Flying Angels | 3:13.07 | 2:55.29 74.45% | 1 | |
| 9 Ted Paget | M62 | Newmarket Huskies | 3:28.87 | 2:43.13 80.00% | 3 | |
| 10 Chris Webb | M48 | Unattached | 3:29.57 | 3:04.07 70.90% | 2 | |
| 11 Sam Vilone | M56 | Unattached | 3:31.11 | 2:53.07 75.41% | 2 | |
| 12 John De Finney | M63 | Newmarket Hu | 3:34.10 | 2:45.89 78.67% | 3 | |
| 13 Amy Ballon | W42 | UTTC | 3:36.28 | 3:24.80 71.54% | 2 | |
| 14 Zoltan Sara | M38 | Unattached | 3:38.28 | 3:30.43 62.02% | 2 | |
| 15 Leah Jones | W15 | Flying Angels | 3:42.26 | 3:32.15 69.05% | 1 | |
| 16 Tim Payne | M63 | Newmarket Huskies | 3:47.19 | 2:56.03 74.14% | 2 | |
| 17 Gary Cassel | M68 | Cambridge Harriers | 3:59.06 | 2:57.17 73.66% | 2 | |
| 18 Michael Geraghty | M59 | Unattached | 3:59.23 | 3:11.34 68.21% | 2 | |
| 19 Jonathan Colford | M36 | Unattached | 4:05.41 | 4:01.24 54.10% | 2 | |
| 20 Patricia Vilone | W52 | Unattached | 4:28.70 | 3:49.72 63.78% | 1 | |
| 21 Robert Moore | M73 | Toronto Olym | 4:29.72 | 3:07.22 69.71% | 1 | |
| 22 Jessie Schnoor | W11 | Unattached | 4:35.70 | 3:59.20 61.25% | 1 | |
| 23 Dalia Piatigorsky-Roth | W11 | Unattached | 4:40.36 | 4:03.25 60.23% | 1 | |
| 24 Darion Jackson | M8 | Flying Angels | 5:02.60 | 3:37.57 59.98% | 1 | |
| -- Kimberley Van Delst | W43 | Unattached | DNF | | 1 | |

Mixed 3000 Meter Run 3:10pm

| Name | Age | Team | Finals | Age-Grading | H# | Points |
|----------------------|-----|---------------------|----------|-----------------|----|--------|
| 1 Predrag Mladenovic | M41 | Unattached | 9:12.08 | 8:37.86 84.97% | 3 | 7 |
| 2 Ian Reid | M40 | UTTC | 9:29.82 | 8:58.54 81.70% | 3 | 5 |
| 3 Bernie Hogan | M32 | Unattached | 9:52.68 | 9:48.06 74.82% | 3 | 4 |
| 4 Roger Moss | M50 | Longboat RR | 10:16.97 | 8:59.67 81.53% | 3 | 3 |
| 5 Nicolae Petrescu | M31 | Unattached | 10:21.92 | 10:18.94 71.09% | 3 | 2 |
| 6 Ming Tsai | M41 | UTTC | 10:23.04 | 9:44.42 75.29% | 3 | 1 |
| 7 Jimmy Semes | M35 | Boardwalk Runnin | 10:32.88 | 10:19.47 71.03% | 3 | |
| 8 Pierre Mikhail | M45 | Muskoka Algonqui | 10:39.92 | 9:42.27 75.57% | 3 | |
| 9 Michal Kapral | M41 | UTTC | 10:41.17 | 10:01.42 73.16% | 3 | |
| 10 John Healy | M51 | Unattached | 10:42.59 | 9:17.52 78.92% | 3 | |
| 11 Jay Yakabowich | M52 | Unattached | 10:44.84 | 9:14.95 79.29% | 3 | |
| 12 James Wallace | M51 | UTTC | 11:00.14 | 9:32.74 76.82% | 3 | |
| 13 Gary Cassel | M45 | Cambridge Harriers | 11:06.47 | 10:06.43 72.56% | 3 | |
| 14 Chris Webb | M48 | Unattached | 11:28.73 | 10:12.15 71.88% | 2 | |
| 15 John Giffen | M61 | Unattached | 11:37.22 | 9:15.83 79.16% | 2 | |
| 16 Paul Langstaff | M48 | Unattached | 12:01.51 | 10:41.28 68.61% | 2 | |
| 17 Richard Bailey | M65 | Longboat RR | 12:02.31 | 9:15.53 79.20% | 2 | |
| 18 Kelly Fitzsimmons | W28 | Unattached | 12:21.91 | 12:21.92 67.59% | 2 | |
| 19 Sam Vilone | M56 | Unattached | 12:24.73 | 10:19.92 70.98% | 2 | |
| 20 Chris Mackie | M73 | Unattached | 12:25.28 | 8:44.01 83.97% | 2 | |
| 21 Steve Caws | M61 | Mississauga Tra | 12:27.47 | 9:55.89 73.84% | 2 | |
| 22 Leah Jones | W15 | Flying Angels | 12:58.45 | 12:23.42 67.45% | 1 | |
| 23 Bert de Vries | M67 | Longboat RR | 13:40.08 | 10:19.17 71.06% | 1 | |
| 24 Jack Geddes | M76 | Scarborough Masters | 14:00.92 | 9:22.33 78.25% | 1 | |
| 25 Robert Moore | M73 | Toronto Olym | 14:28.28 | 10:10.49 72.07% | 1 | |
| 26 Patricia Vilone | W52 | Unattached | 15:49.74 | 13:09.24 63.53% | 1 | |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

| | | | | | |
|---------------------|----------------|----------|----------|--------|---|
| 27 Gary McColeman | M71 UTTC | 16:05.68 | 11:38.19 | 63.02% | 1 |
| -- Michael Geraghty | M59 Unattached | DNF | | | 1 |

M35 60 Meter Hurdles 12:30pm

| Name | Age Team | Finals | Wind | Age-Grading | Points |
|--------------------|----------------|--------|------|--------------|--------|
| 1 David Valenzuela | M37 Unattached | 9.06 | NWI | 8.65 84.44% | 7 |
| 2 Zoltan Sara | M38 Unattached | 10.68 | NWI | 10.12 72.19% | 5 |

Mixed 4x400 Meter Relay 3:30pm

| Team | Finals | Points |
|---|---------|--------|
| 1 Flying Angels 'A' | 4:03.95 | 7 |
| 1) Ibrahim Kedir 14 | | |
| 2) Emmanuel Missah 18 | | |
| 3) Sodiq Ibrahim 18 | | |
| 4) Rashad Glasgow 19 | | |
| 2 Flying Angels 'C' | 4:45.58 | 5 |
| 1) Raquel Sadovnick 17 | | |
| 2) Esther Aoule 13 | | |
| 3) Renee Dalechuku 15 | | |
| 3 DJTJ | 4:45.71 | 4 ONT |
| 1) Duncan Greenshields 65 | | |
| 2) John De Finney 63 | | |
| 3) Ted Paget 62 | | |
| 4) John Helliker 62 | | |
| (old ONT 4:58.9 Newmarket Huskies 2011) | | |
| 4 Flying Angels 'B' | 4:51.15 | 3 |
| 1) Abtin Soltani 14 | | |
| 2) Alwrick Alexander 12 | | |
| 3) Abu Isaac Samura 10 | | |
| 4) Marcus Carrington 17 | | |
| 5 Flying Angels 'D' | 5:52.55 | 2 |
| 1) Isabella Goudros 11 | | |
| 2) Nia Dalechuku 11 | | |
| 3) Keiyah Buckle 10 | | |
| 4) Darion Jackson 8 | | |

Mixed High Jump 12:30pm

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------|----------------|--------|--------------|--------|
| 1 Zoltan Sara | M38 Unattached | 1.85m | 2.00m 81.86% | 6 |
| 1 David Valenzuela | M37 Unattached | 1.85m | 1.98m 81.14% | 6 |
| 3 Maresa Ryan | W37 Jamaica | 1.60m | 1.70m 81.63% | 4 |
| 4 Maria Mallia | W59 Unattached | 1.25m | 1.76m 84.46% | 3 |
| -- Peter Zowkewych | M63 UTTC | NH | | |

Mixed Pole Vault 1:00pm

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------|-------------------|--------|--------------|--------|
| 1 Mark Schaber | M55 Unattached | 3.35m | 4.56m 74.28% | 7 |
| 2 Don Ritchie | M52 Throwers Club | 3.00m | 3.90m 63.56% | 5 |
| 3 Brian Magerkurth | M55 Unattached | J3.00m | 4.08m 66.52% | 4 |

Mixed Long Jump 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | Points |
|---------------------|-------------------|--------|------|--------------|--------|
| 1 Myron Byrnes | M24 Unattached | 6.63m | NWI | 6.63m 74.08% | 7 |
| 2 Marcus Carrington | M17 Flying Angels | 5.60m | NWI | 6.03m 67.39% | 5 |
| 3 Zoltan Sara | M38 Unattached | 4.65m | NWI | 5.05m 56.43% | 4 |
| 4 Maria Mallia | W59 Unattached | 3.20m | NWI | 4.59m 61.07% | 3 |
| 5 Raymond Jonasson | M57 Unattached | 3.02m | NWI | 4.16m 46.53% | 2 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

6 Bruce Fritshaw M47 Unattached 2.41m NWI 2.91m 32.52% 1

Mixed Triple Jump 2:00pm

| Name | Age Team | Finals | Wind | Age-Grading | Points |
|-------------------|----------------|--------|------|-------------|--------|
| -- Bruce Fritshaw | M47 Unattached | ND | NWI | | |

Mixed Shot Put 1:00pm

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|-------------------|--------|---------------|--------|
| 1 Sasha Dajia | M33 EtobicokeTC | 12.93m | 12.93m 55.93% | 7 |
| 2 Paul Gautier | M49 New Brunswick | 12.14m | 14.69m 63.56% | 5 |
| 3 Elizabeth Hill | M52 Throwers Club | 11.04m | 15.87m 70.14% | 4 |
| 4 Peter Zowkewych | M63 UTTC | 10.28m | 14.22m 61.56% | 3 |
| 5 Kristen Dajia | W50 Throwers Club | 9.42m | 13.07m 57.76% | 2 |
| 6 David Morris | M75 Throwers Club | 8.10m | 12.18m 52.70% | 1 |
| 7 Zoltan Sara | M38 Unattached | 7.94m | 8.06m 34.90% | |
| 8 Alwrick Alexander | M12 Flying Angels | 7.81m | 7.81m 33.78% | |
| 9 Rhona Trott | W65 Hamilton Oly | 6.47m | 12.12m 53.60% | |
| 10 Enrico Toscano | M73 Centro Scuola | 6.40m | 9.06m 39.19% | |
| 11 Katherine Willis | W55 UTTC | 5.50m | 8.35m 36.91% | |

Mixed Weight Throw 12:00pm

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------------------------|--------------------------|---------------|----------------------|--------------|
| 1 Marie-Josée Le Jour | W35 UTTC | 16.38m | 20.88m 88.49% | 7 CAN |
| (old CAN 16.36 Karla Gabruch SK '13) | | | | |
| 2 Gabriel Zapata | M16 Unattached | 15.78m | 18.20m 70.38% | 5 |
| 3 Kristen Dajia | W50 Throwers Club | 13.10m | 16.26m 68.91% | 4 CAN |
| (old CAN 11.63 Elizabeth Hill ON '12) | | | | |
| 4 Paul Gautier | M49 New Brunswick | 12.72m | 15.83m 61.24% | 3 |
| 5 Elizabeth Hill | W52 Throwers Club | 11.41m | 14.67m 62.18% | 2 |
| 6 David Morris | M75 Throwers Club | 11.10m | 16.35m 63.25% | 1 |
| 7 Rhona Trott | W65 Hamilton Oly | 10.92m | 15.62m 66.18% | CAN |
| (old CAN 10.39 Margaret Tosh BC '07) | | | | |
| 8 Enrico Toscano | M73 Centro Scuola | 7.32m | 10.22m 39.52% | |

Mixed 1500 Meter Race Walk 2:15pm

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------------------|---------|----------------|--------|
| 1 Lawrence Malek | M53 Toronto Race Wal | 8:50.21 | 7:30.37 68.61% | 7 |
| 2 Nancy Kula | W50 Toronto Race | 9:37.17 | 8:32.24 65.79% | 5 |
| -- Raymond Jonasson | M57 Unattached | DQ | | |