

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****Women 300 Metre Dash Open  
Top 12 Advance by Time**

ACAC Record: \* 41.46 2018-03-04 Nikita Case, GMU; Edmonton

ACAC Champs: ! 41.55 2017-03-03 Nikita Case, MacEwan

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Nikita Case	97	MacEwan Griffins	42.36	41.80q	1
2 Amanda Ntiamoah	92	MacEwan Griffins	42.26	42.63q	2
3 Valerie Schlottke	98	MacEwan Griffins	41.64	43.19q	3
4 Sadie Borgfjord	98	Red Deer College	44.08	43.26q	1
5 Kayla Enders	98	Lethbridge Kodiaks	44.25	44.33q	2
6 Anna Gallup	98	Sait Trojans	47.00	45.39q	3
7 Mienna Staroslieski	99	Concordia	47.71	47.06q	2
8 Janelle Graham	98	Lethbridge Kodiaks	46.94	47.30q	3
9 Tiana Lemon	99	Red Deer College	48.41	47.74q	1
10 Rebecca Hay	02	Concordia	49.50	48.23q	1
11 Katelynn Cook	95	Augustana	50.65	48.56q	3
12 Brittany Duvall	98	Gprc Wolves	49.57	48.68q	2
13 Maria Ruiz	99	St. Mary's U	51.56	51.74	3
14 Tanis Lefebvre	93	St. Mary's U	56.46	52.71	1
15 Myroslava Koval	97	St. Mary's U	55.41	52.84	1

**Women 300 Metre Dash Open**

ACAC Record: \* 41.46 2018-03-04 Nikita Case, GMU; Edmonton

ACAC Champs: ! 41.55 2017-03-03 Nikita Case, MacEwan

Name	Year	School	Prelims	Finals	H#	Points
<b>Finals</b>						
1 Nikita Case	97	MacEwan Griffins	41.80	41.67	2	10
2 Valerie Schlottke	98	MacEwan Griffins	43.19	42.05	2	8
3 Amanda Ntiamoah	92	MacEwan Griffins	42.63	x42.32	2	
4 Kayla Enders	98	Lethbridge Kodiaks	44.33	43.60	2	6
5 Sadie Borgfjord	98	Red Deer College	43.26	43.66	2	5
6 Anna Gallup	98	Sait Trojans	45.39	44.84	2	4
7 Janelle Graham	98	Lethbridge Kodiaks	47.30	46.66	1	3
8 Mienna Staroslieski	99	Concordia	47.06	46.72	1	2
9 Tiana Lemon	99	Red Deer College	47.74	48.33	1	1
10 Katelynn Cook	95	Augustana	48.56	48.48	1	
11 Rebecca Hay	02	Concordia	48.23	48.79	1	
12 Brittany Duvall	98	Gprc Wolves	48.68	49.00	1	

**Women 600 Metre Run Open**

ACAC Record: \* 1:35.33 2018-02-09 Nikita Case, GMU; Edmonton

ACAC Champs: ! 1:38.30 2015-02-28 Jamie Wigmore, GPRC

Name	Year	School	Seed	Finals	H#	Points
1 Nikita Case	97	MacEwan Griffins	1:35.33	1:37.35!	2	10
2 Valerie Schlottke	98	MacEwan Griffins	1:45.20	1:42.27	2	8
3 Kayla Enders	98	Lethbridge Kodiaks	1:42.95	1:42.36	2	6
4 Sadie Borgfjord	98	Red Deer College	1:45.28	1:42.64	2	5
5 Anna Gallup	98	Sait Trojans	1:46.66	1:43.41	2	4
6 Shehzadi Abdul	92	MacEwan Griffins	1:48.53	x1:48.03	2	
7 Shaelyn Moltzahn	97	Red Deer College	1:48.94	1:49.61	2	3

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8	Anna Van Der Giessen	99 Gprc Wolves	1:51.23	1:49.75	1	2
9	Mienna Staroslieski	99 Concordia	1:50.57	1:51.27	1	1
10	Breanna Berridge	99 Red Deer College	1:58.55	x1:51.67	1	
11	Brooklyn Vogel	98 Lethbridge Kodiaks		1:53.77	1	
12	Brittany Duvall	98 Gprc Wolves	1:54.55	1:56.87	1	
13	Tiana Lemon	99 Red Deer College	1:58.15	x2:02.19	1	
14	Rebecca Hay	02 Concordia	2:14.89	2:07.44	1	
15	Chiedza Mutize	97 Augustana	2:17.20	2:12.01	1	
16	Daniella Burke	94 Augustana	2:23.80	2:17.76	1	
--	Jocelyn Leffers	99 MacEwan Griffins	1:48.30	DNS	2	
--	Hannah Leggatt	96 MacEwan Griffins	1:38.30	DNS	2	
--	Janelle Graham	98 Lethbridge Kodiaks	1:50.48	SCR		

**Women 1000 Metre Run Open**

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ACAC Record: \* 2:54.02 2016-01-30 Vanessa Trofimenkoff, GMU

ACAC Champs: ! 3:02.76 2015-02-27 Jamie Wigmore, GPRC

Name	Year	School	Seed	Finals	H#	Points
1 Ricki Christopher	95	Sait Trojans	3:06.87	3:05.40	3	10
2 Hannah Leggatt	96	MacEwan Griffins	3:03.80	3:06.97	3	8
3 Sophia Nowicki	99	Lethbridge Kodiaks	3:07.11	3:09.42	3	6
4 Alea Stockton	94	Sait Trojans	3:21.72	3:12.85	3	5
5 Jordanna Cota	95	Red Deer College	3:13.84	3:14.42	3	4
6 Ann Danard	95	Sait Trojans	3:23.38	x3:15.19	3	
7 Jill Stewart	98	Red Deer College	3:17.60	3:16.47	3	3
8 Amanda Vocke	96	Sait Trojans	3:22.55	x3:18.99	3	
9 Shehzadi Abdul	92	MacEwan Griffins	3:25.80	3:21.69	2	2
10 Anna Van Der Giessen	99	Gprc Wolves	3:23.08	3:22.45	3	1
11 Shaelyn Moltzahn	97	Red Deer College	3:24.40	x3:23.44	2	
12 Mienna Staroslieski	99	Concordia	3:28.37	3:29.51	2	
13 Rachael Smillie	95	Concordia	3:24.71	3:29.52	2	
14 Brooklyn Vogel	98	Lethbridge Kodiaks		3:30.70	1	
15 Breanna Berridge	99	Red Deer College	3:39.31	x3:34.63	2	
16 Shelby Edgar	91	Concordia	3:39.71	x3:42.31	2	
17 Teagan Shapka	98	Red Deer College	3:39.00	x3:44.37	2	
18 Dina Iatrou	98	Lethbridge Kodiaks		x3:49.10	1	
19 Dana Jackson	97	Lethbridge Kodiaks	3:59.82	x4:03.50	1	
20 Chiedza Mutize	97	Augustana	4:06.80	4:04.75	1	
21 Daniella Burke	94	Augustana	4:18.60	4:10.84	1	
-- Jocelyn Leffers	99	MacEwan Griffins	3:22.00	DNS	3	
-- Salma Moreira	98	Lethbridge Kodiaks	3:39.34	DNS	2	

**Women 1500 Metre Run Open**

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ACAC Record: \* 4:36.14 2017-01-28 Hannah Leggatt, GMU

ACAC Champs: ! 4:47.78 2014-03-07 Jamie Wigmore, GPRC

Name	Year	School	Seed	Finals	H#	Points
1 Ricki Christopher	95	Sait Trojans	4:54.78	4:58.95	3	10
2 Sophia Nowicki	99	Lethbridge Kodiaks	5:03.33	4:59.64	3	8
3 Hannah Leggatt	96	MacEwan Griffins	4:55.80	5:00.01	3	6
4 Melanie McCann	89	Sait Trojans	5:03.87	5:02.25	3	5
5 Roxanne Skoreyko	79	MacEwan Griffins	5:03.10	5:06.01	3	4
6 Emilie Mann	92	Sait Trojans	5:11.74	x5:08.06	3	

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7	Ann Danard	95	Sait Trojans	5:12.44	x5:08.49	3	
8	Jill Stewart	98	Red Deer College	5:17.87	5:11.51	3	3
9	Kelcie Bulas	99	Gprc Wolves	5:13.44	5:13.11	3	2
10	Alea Stockton	94	Sait Trojans	5:13.87	x5:13.38	3	
11	Amanda Vocke	96	Sait Trojans	5:14.96	x5:26.21	3	
12	Bailey Trocoli-Hughes	97	Concordia	5:50.73	5:28.00	2	1
13	Rebecca Johnson	95	St. Mary's U	5:35.65	5:31.94	2	
14	Elise Nawrocki	96	Concordia	5:45.00	5:36.66	2	
15	Janaya Garbe	98	Red Deer College	5:39.00	5:37.78	2	
16	Hannah Dawe	98	Sait Trojans	5:40.59	x5:40.67	2	
17	Maissa Sabourin	96	MacEwan Griffins		x5:41.94	1	
18	Rachael Smillie	95	Concordia	5:40.00	x5:42.22	2	
19	Teagan Shapka	98	Red Deer College	5:39.00	x5:43.56	2	
20	Salma Moreira	98	Lethbridge Kodiaks	5:39.22	5:43.76	2	
21	Katelynn Cook	95	Augustana	6:03.60	5:51.07	1	
22	Shelby Edgar	91	Concordia	6:00.60	x5:55.15	1	
23	Rebecca Sweeney	99	Lethbridge Kodiaks	5:49.16	x5:57.43	2	
24	Dina Iatrou	98	Lethbridge Kodiaks		x5:59.11	1	
25	Leah Reid	95	Augustana	6:09.20	5:59.87	1	
26	Lorraine Bangalisan	97	Augustana	5:44.80	x6:00.91	2	
--	Jordanna Cota	95	Red Deer College	5:04.00	DNS	3	
--	Kailey Bratland	98	Gprc Wolves	5:26.30	SCR		

**Women 3000 Metre Run Open**

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ACAC Record: * 10:10.56 2015-02-07 Mirelle Martens, GPRC							
ACAC Champs: ! 10:21.53 2015-02-27 Mirelle Martens, GPRC							
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Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Ricki Christopher	95	Sait Trojans	10:38.28	10:36.97	2	10
2	Sophia Nowicki	99	Lethbridge Kodiaks	10:54.27	10:39.08	2	8
3	Jordanna Cota	95	Red Deer College	11:03.00	10:44.73	2	6
4	Roxanne Skoreyko	79	MacEwan Griffins	10:57.21	10:46.87	2	5
5	Emilie Mann	92	Sait Trojans	11:19.08	10:52.09	2	4
6	Hannah Leggatt	96	MacEwan Griffins	10:39.24	10:54.85	2	3
7	Melanie McCann	89	Sait Trojans	11:50.12	x10:55.56	2	
8	Jill Stewart	98	Red Deer College	11:22.00	10:56.17	2	2
9	Kelcie Bulas	99	Gprc Wolves	11:17.72	11:28.25	2	1
10	Rebecca Johnson	95	St. Mary's U		11:30.04	1	
11	Bailey Trocoli-Hughes	97	Concordia	12:31.21	11:55.44	1	
12	Hannah Dawe	98	Sait Trojans	12:25.85	x11:59.44	1	
13	Salma Moreira	98	Lethbridge Kodiaks	12:19.17	12:01.53	1	
14	Elise Nawrocki	96	Concordia	11:54.08	12:05.03	2	
15	Janaya Garbe	98	Red Deer College	12:01.53	x12:22.38	2	
16	Teagan Shapka	98	Red Deer College	12:19.00	x12:32.49	1	
17	Maissa Sabourin	96	MacEwan Griffins		x12:37.12	1	
18	Rebecca Sweeney	99	Lethbridge Kodiaks	12:37.69	x12:38.58	1	
19	Lorraine Bangalisan	97	Augustana	12:31.70	13:13.33	1	
20	Leah Reid	95	Augustana	12:58.40	13:13.46	1	
--	Kailey Bratland	98	Gprc Wolves	11:48.35	SCR		

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10****Kinsmen Field House****Results****Women 4x400 Metre Relay Open**

School	Seed	Finals	H#	Points
ACAC Record: * 4:03.25 2017-02-04 MacEwan University, GMU				
ACAC Champs: ! 4:08.18 2017-03-04 MacEwan University Edmonton, MacEwan V Schlottke, S Maziarz, H Leggatt, N Case				
1 MacEwan Griffins 'A'	4:05.00	4:02.32*	2	10
1) Amanda Ntiamoah 92				
2) Valerie Schlottke 98				
3) Nikita Case 97				
4) Hannah Leggatt 96				
2 Red Deer College 'A'	4:30.88	4:19.80	2	8
1) Sadie Borgfjord 98				
2) Jordanna Cota 95				
3) Jill Stewart 98				
4) Shaelyn Moltzahn 97				
3 Sait Trojans 'A'	4:33.81	4:22.04	2	5.50 4:22.036
1) Anna Gallup 98				
2) Ann Danard 95				
3) Alea Stockton 94				
4) Ricki Christopher 95				
3 Lethbridge Kodiaks 'A'	4:38.78	4:22.04	2	5.50 4:22.036
5 Concordia University of Edm. 'A'	4:58.44	4:44.41	2	4
1) Mienna Staroslieski 99				
2) Rebecca Hay 02				
3) Rachael Smillie 95				
4) Bailey Trocoli-Hughes 97				
6 Red Deer College 'B'	5:01.83	x4:44.95	1	
1) Tiana Lemon 99				
2) Teagan Shapka 98				
3) Janaya Garbe 98				
4) Breanna Berridge 99				
7 St. Mary's University - Calgary 'A'	5:08.08	5:01.73	1	3
1) Maria Ruiz 99				
2) Myroslava Koval 97				
3) Tanis Lefebvre 93				
4) Rebecca Johnson 95				
8 University of Alberta - August 'A'	5:09.01	5:10.70	1	2
1) Daniella Burke 94				
2) Katelynn Cook 95				
3) Leah Reid 95				
4) Chiedza Mutize 97				
-- The Mighty, Mighty Gprc Wolves 'A'	4:51.24	DQ	1	Rule 170.10
1) Kailey Bratland 98				
2) Kelcie Bulas 99				
3) Brittany Duvall 98				
4) Anna Van Der Giessen 99				
-- MacEwan Griffins 'B'		SCR		
1) Shehzadi Abdul 92				
2) Jocelyn Leffers 99				
3) Roxanne Skoreyko 79				
4) Maissa Sabourin 96				

**Men 300 Metre Dash Open  
Top 12 Advance by Time**

Name	Year	School	Seed	Prelims	H#
ACAC Record: * 35.64 2018-02-18 Brent Stephen, SAIT; Edmonton					
ACAC Champs: ! 36.52 2017-03-03 Thomas Cross-Trush, MacEwan					
Preliminaries					
1 Thomas Cross-Trush	97	MacEwan Griffins	35.99	! 36.17q	4
2 Brent Stephen	96	Sait Trojans	35.64	36.80q	5
3 Reece Runco	94	MacEwan Griffins	37.73	36.84q	3
4 Dayton Jans	98	Lethbridge Kodiaks	38.02	37.89q	1
5 Brant Lauweryssen	96	Sait Trojans	37.91	38.16q	2
6 Christopher Karg	92	Sait Trojans	38.43	38.47q	2
7 Omar Medina	98	MacEwan Griffins	38.43	38.57q	3
8 Colin Walker	98	MacEwan Griffins	38.32	38.65q	1
9 Lucas Wessner	99	Red Deer College	39.25	39.04q	5
10 Lukas Visser	98	Augustana	39.17	39.20q	4
11 Kayden Halladay	97	Lethbridge Kodiaks	39.20	39.23q	5
12 Caleb Heinrich	99	Red Deer College	41.29	39.47q	1
13 Daniel Loki	97	MacEwan Griffins	40.02	39.59	4

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14	Colesen Faunt	98	Sait Trojans	40.08	39.64	3
15	Jose Villanueva	95	Concordia	42.31	39.91	5
16	Tim Evans	98	St. Mary's U	41.21	40.12	1
17	David Onyenwenu	00	Concordia	42.19	41.21	4
18	Tristan Jochems	98	Lethbridge Kodiaks	41.81	41.75	2
19	Jarred St. Arnault	98	Gprc Wolves	42.77	42.08	5
20	Justin Moltzahn	96	Red Deer College	43.65	42.34	2
21	Sam Kohlmann	96	Augustana	43.08	43.06	3
22	Jackson Murrell	96	Concordia	42.82	43.10	4
23	Ico Beltran	98	St. Mary's U	46.26	43.32	3
24	Quinn Demers	99	St. Mary's U	44.39	44.45	1
25	Kyle Reynolds	86	Gprc Wolves	45.54	45.14	1
26	Frazer Connelly	97	Concordia	45.86	45.78	2
--	David Bargiel	97	MacEwan Griffins	40.98	DNS	2

**Men 300 Metre Dash Open**

ACAC Record: \* 35.64 2018-02-18 Brent Stephen, SAIT; Edmonton

ACAC Champs: ! 36.52 2017-03-03 Thomas Cross-Trush, MacEwan

Name	Year	School	Prelims	Finals	H#	Points
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**Finals**

1	Brent Stephen	96	Sait Trojans	36.80	35.61*	2	10
2	Thomas Cross-Trush	97	MacEwan Griffins	36.17	35.62*	2	8
3	Reece Runco	94	MacEwan Griffins	36.84	36.56	2	6
4	Dayton Jans	98	Lethbridge Kodiaks	37.89	37.18	2	5
5	Brant Lauweryssen	96	Sait Trojans	38.16	37.20	2	4
6	Omar Medina	98	MacEwan Griffins	38.57	x38.22	1	
7	Lucas Wessner	99	Red Deer College	39.04	38.30	1	3
8	Christopher Karg	92	Sait Trojans	38.47	x38.46	2	
9	Colin Walker	98	MacEwan Griffins	38.65	x38.74	1	
10	Lukas Visser	98	Augustana	39.20	39.08	1	2
11	Kayden Halladay	97	Lethbridge Kodiaks	39.23	39.99	1	1
12	Caleb Heinrich	99	Red Deer College	39.47	40.76	1	

**Men 600 Metre Run Open**

ACAC Record: \* 1:20.20 2018-02-10 Brent Stephen, SAIT; Edmonton

ACAC Champs: ! 1:23.43 2016-02-27 Kenton Sportak, Concordia

Name	Year	School	Seed	Finals	H#	Points
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1	Brent Stephen	96	Sait Trojans	1:20.20	1:25.02	4	10
2	Brant Lauweryssen	96	Sait Trojans	1:25.20	1:26.73	4	8
3	Christopher Karg	92	Sait Trojans	1:28.30	x1:26.93	4	
4	Reece Runco	94	MacEwan Griffins	1:30.00	1:28.92	4	6
5	Dayton Jans	98	Lethbridge Kodiaks	1:30.13	1:30.35	4	5
6	Devon Gurney	94	Red Deer College	1:30.97	1:30.69	4	4
7	Lucas Wessner	99	Red Deer College	1:33.28	1:30.74	3	3
8	Caleb Heinrich	99	Red Deer College	1:38.35	x1:30.90	3	
9	Tim Evans	98	St. Mary's U	1:35.01	1:31.43	3	2
10	Dylan Zambonelli	95	MacEwan Griffins	1:33.28	1:32.10	3	1
11	Keith Spruyt	97	Concordia	1:33.75	1:32.32	3	
12	John Krause	98	Lethbridge Kodiaks	1:37.91	1:33.78	3	
13	Jordan Poytress	90	Lethbridge Kodiaks	1:38.26	x1:37.79	3	
14	Brad Agnew	88	Concordia	1:39.51	1:37.85	2	

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15 Jarred St. Arnault	98 Gprc Wolves	1:38.23	1:37.90	3	
16 Justin Moltzahn	96 Red Deer College	1:42.62	x1:40.04	2	
17 Sam Kohlmann	96 Augustana	1:42.70	1:40.88	2	
18 Lukas Visser	98 Augustana		1:41.47	1	
19 Joshua Lawal	97 Augustana		x1:42.60	1	
20 Jerritt Cloney	97 Concordia		x1:42.83	1	
21 Frazer Connelly	97 Concordia	1:45.45	x1:43.33	2	
22 Jackson Murrell	96 Concordia	1:43.29	x1:47.41	2	
-- Cole Dunlop	99 Sait Trojans	1:25.70	DQ	4	Rule 142.4b
-- Kyle Reynolds	86 Gprc Wolves	1:44.00	DNS	2	
-- Colesen Faunt	98 Sait Trojans	1:32.46	DNS	4	
-- Tristan Jochems	98 Lethbridge Kodiaks		DNS	1	
-- David Onyenwenu	00 Concordia	1:45.28	DNS	2	
-- Kona Jackson	98 Red Deer College	1:35.66	SCR		
-- Kayden Halladay	97 Lethbridge Kodiaks	1:30.58	SCR		

**Men 1000 Metre Run Open**

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ACAC Record: *	2:32.35	2014-02-08	Kenton Sportak, SAIT			
ACAC Champs: !	2:37.43	2016-02-26	Kenton Sportak, Concordia			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Matthew Travaglini	93	Sait Trojans	2:35.03	2:31.27*	2	10
2 Jacques Saayman	97	Sait Trojans	2:44.91	2:40.38	2	8
3 Devon Gurney	94	Red Deer College	2:45.15	2:42.01	2	6
4 Cole Dunlop	99	Sait Trojans	2:49.37	x2:42.58	2	
5 Keith Spruyt	97	Concordia	2:56.49	2:49.25	2	5
6 Adam Wass	98	Red Deer College	2:50.06	2:50.10	2	4
7 Emile Vogel-Nakamura	96	Augustana	2:51.50	2:52.05	2	3
8 Cory Deraadt	98	Red Deer College	2:55.34	x2:53.87	2	
9 John Krause	98	Lethbridge Kodiaks	2:58.79	2:55.39	2	2
10 Ian Lee	95	Concordia	3:00.60	2:56.18	1	1
11 Michael Stasiuk	97	Augustana		2:56.97	1	
12 Jemmy Lee	99	Sait Trojans	3:00.38	x2:59.39	1	
13 Brad Agnew	88	Concordia	3:05.51	x3:04.42	1	
14 Jerritt Cloney	97	Concordia	3:22.62	x3:06.76	1	
15 Isaac Duperrault	99	St. Mary's U	3:04.08	3:07.88	1	
16 Jordan Poytress	90	Lethbridge Kodiaks	3:09.82	3:08.05	1	
17 Tyson Goodstriker	96	Lethbridge Kodiaks	3:16.75	x3:08.41	1	
-- Dylan Zambonelli	95	MacEwan Griffins	2:55.20	DNS	2	

**Men 1500 Metre Run Open**

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ACAC Record: *	3:55.10	2018-02-10	Matthew Travaglini, SAIT; Edmonton			
ACAC Champs: !	4:12.31	2016-02-27	Kirk Sundt, Concordia			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Matthew Travaglini	93	Sait Trojans	3:55.12	4:04.01!	2	10
2 Alex Howells	98	Sait Trojans	4:16.37	4:14.02	2	8
3 Scott Kohlman	97	MacEwan Griffins	4:16.70	4:15.20	2	6
4 Jacques Saayman	97	Sait Trojans	4:13.53	x4:20.21	2	
5 Emile Vogel-Nakamura	96	Augustana	4:33.10	4:26.71	2	5
6 Brandon Wladyko	86	Gprc Wolves	4:32.02	4:28.40	2	4
7 Adam Wass	98	Red Deer College	4:35.00	4:30.81	2	3
8 Erik Rust	93	Augustana	4:39.00	4:32.03	2	2

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9	Stephen Rowley	97 Red Deer College	4:45.00	4:38.70	1	1
10	Cory Deraadt	98 Red Deer College	4:49.64	x4:40.49	1	
11	Daryl Ross	97 Sait Trojans	4:39.23	x4:43.47	2	
12	Matthew Vandegriff	92 Sait Trojans	4:40.29	x4:44.82	2	
13	Jemmy Lee	99 Sait Trojans	4:54.13	x4:45.39	1	
14	Ian Lee	95 Concordia	5:00.21	4:46.12	1	
15	Matthew Hebert	96 Sait Trojans	4:50.64	x4:46.12	1	
16	Eric Nooy	99 Gprc Wolves	4:55.15	4:46.43	1	
17	Keith Spruyt	97 Concordia	4:33.74	4:50.01	2	
18	Daniel Robdrup	82 Lethbridge Kodiaks	4:42.63	4:55.22	2	
19	Isaac Duperrault	99 St. Mary's U	4:53.93	5:04.16	1	
20	Tyson Goodstriker	96 Lethbridge Kodiaks		5:12.51	1	
21	Jackson Sweder	97 Augustana	6:01.10	x5:46.13	1	

**Men 3000 Metre Run Open**

ACAC Record: \* 8:22.00 2018-02-09 Matthew Travaglini, SAIT; Edmonton

ACAC Champs: ! 8:58.15 2015-02-27 Alex Harding, LCK

Name	Year	School	Seed	Finals	H#	Points
1	Matthew Travaglini	93 Sait Trojans	8:22.01	8:41.62!	2	10
2	Alex Howells	98 Sait Trojans	9:29.11	9:08.76	2	8
3	Scott Kohlman	97 MacEwan Griffins	9:29.00	9:22.33	2	6
4	Brandon Wladyko	86 Gprc Wolves	9:26.38	9:27.24	2	5
5	Adam Wass	98 Red Deer College	9:52.04	9:42.08	2	4
6	Daryl Ross	97 Sait Trojans	10:03.49	x9:52.12	2	
7	Erik Rust	93 Augustana	9:54.40	9:55.81	2	3
8	Matthew Vandegriff	92 Sait Trojans	10:08.45	x10:01.60	2	
9	Stephen Rowley	97 Red Deer College	10:33.00	10:16.15	1	2
10	Matthew Hebert	96 Sait Trojans	10:40.01	x10:22.29	1	
11	Eric Nooy	99 Gprc Wolves	10:36.00	10:23.32	1	1
12	Daniel Robdrup	82 Lethbridge Kodiaks	10:31.33	10:50.80	1	
13	Jackson Sweder	97 Augustana	13:04.30	12:29.44	1	

**Men 4x400 Metre Relay Open**

ACAC Record: \* 3:32.67 2016-02-12 Concordia, CUE

ACAC Champs: ! 3:32.95 2016-02-27 Concordia U of Edmonton, Concordia

B Thomas, M Quick, K Sundt, K Sportak

School	Seed	Finals	H#	Points
1 Sait Trojans 'A'	3:37.25	3:31.12*	2	10
1) Brent Stephen 96				
2) Christopher Karg 92				
3) Matthew Travaglini 93				
4) Brant Lauweryssen 96				
2 MacEwan Griffins 'A'	3:40.03	3:36.44	2	8
1) Thomas Cross-Trush 97				
2) Reece Runco 94				
3) Scott Kohlman 97				
4) Omar Medina 98				
3 Lethbridge Kodiaks 'A'	3:48.51	3:41.44	2	6
1) Kayden Halladay 97				
2) Tristan Jochems 98				
3) John Krause 98				
4) Dayton Jans 98				
4 Red Deer College 'A'	3:47.61	3:41.82	2	5
1) Lucas Wessner 99				
2) Adam Wass 98				
3) Caleb Heinrich 99				
4) Devon Gurney 94				
5 University of Alberta - August 'A'	4:03.02	3:46.82	2	4
1) Emile Vogel-Nakamura 96				
2) Michael Stasiuk 97				

**The Running Room ACAC Indoor Track Championships - 2018-03-09 to 2018-03-10**

**Kinsmen Field House**

**Results**

**....Men 4x400 Metre Relay Open**

3) Joshua Lawal 97	4) Lukas Visser 98			
6 Sait Trojans 'B'		x3:53.55	1	
1) Jemmy Lee 99	2) Matthew Vandegriff 92			
3) Jacques Saayman 97	4) Alex Howells 98			
7 Concordia University of Edm. 'A'		4:05.61	3:58.58	2 3
1) Jose Villanueva 95	2) Keith Spruyt 97			
3) David Onyenwenu 00	4) Brad Agnew 88			
8 The Mighty, Mighty Gprc Wolves 'A'		4:07.67	4:02.38	1 2
1) Eric Nooy 99	2) Kyle Reynolds 86			
3) Jarred St. Arnault 98	4) Brandon Wladyko 86			
-- St. Mary's University - Calgar 'A'			DNF	1
1) Tim Evans 98	2) Ico Beltran 98			
3) Quinn Demers 99	4) Isaac Duperrault 99			
-- Concordia University of Edm. 'B'			SCR	
-- Lethbridge College Kodiaks 'A'			SCR	
-- Red Deer College 'B'		3:51.64	SCR	
-- MacEwan Griffins 'B'			SCR	
1) Colin Walker 98	2) Daniel Loki 97			
3) David Bargiel 97	4) Dylan Zambonelli 95			

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Women - Open - Team Rankings - 6 Events Scored

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1) MacEwan Griffins	74	2) SAIT Trojans	57.50
3) Lethbridge Kodiaks	42.50	4) Red Deer College	40
5) Concordia University of Ed	8	6) The Mighty, Mighty GPRC W	6
7) St. Mary's University - Ca	3	8) University of Alberta - A	2

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Men - Open - Team Rankings - 6 Events Scored

=====

1) SAIT Trojans	96	2) MacEwan Griffins	41
3) Red Deer College	35	4) Lethbridge Kodiaks	19
4) University of Alberta - Au	19	6) The Mighty, Mighty GPRC W	12
7) Concordia University of Ed	9	8) St. Mary's University - C	2

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Combined Team Scores - Open - 12 Events Scored

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1) SAIT Trojans	153.50	2) MacEwan Griffins	115
3) Red Deer College	75	4) Lethbridge Kodiaks	61.50
5) University of Alberta - Au	21	6) The Mighty, Mighty GPRC W	18
7) Concordia University of Ed	17	8) St. Mary's University - C	5