

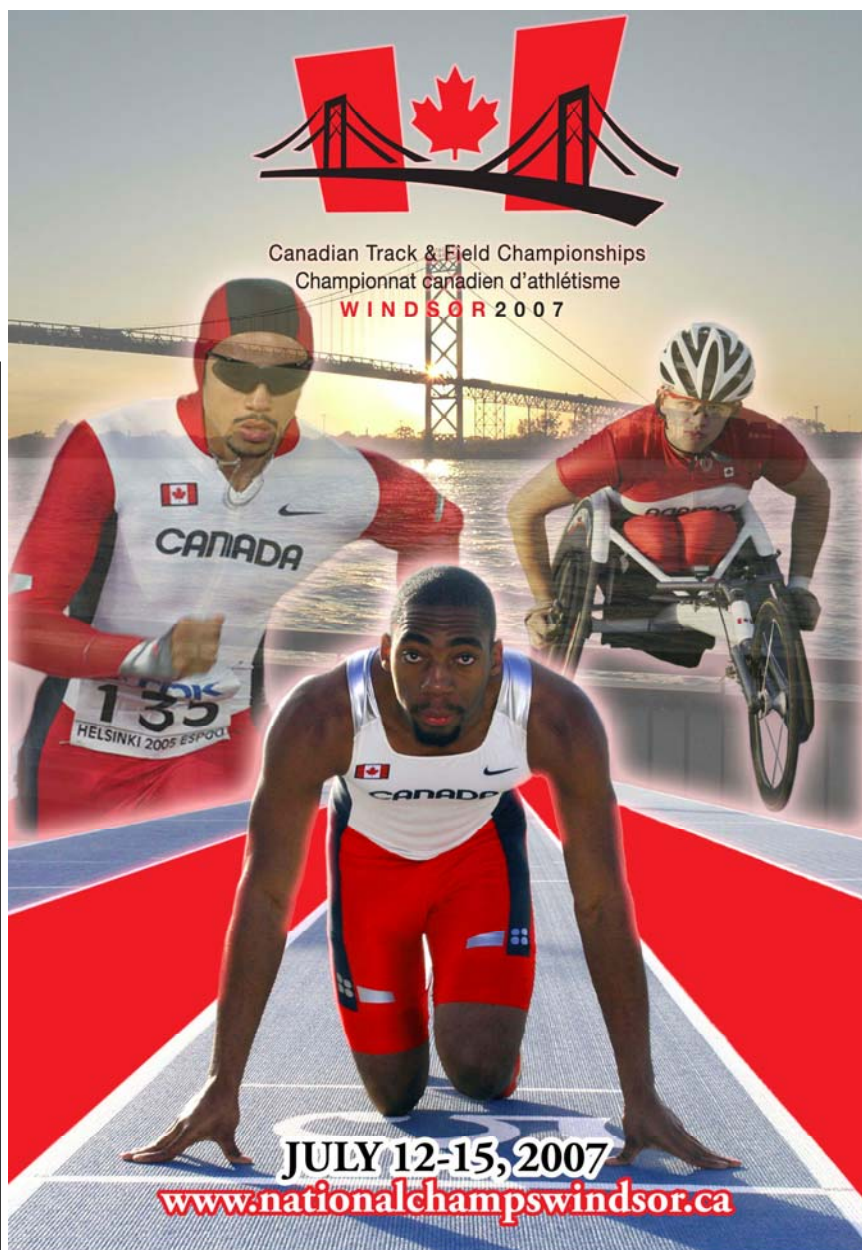
THE GOLD STANDARD

ISSUE #16

July 2007

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Athletics Canada re-launches www.athletics.ca

Athletics Canada is thrilled to announce that www.athletics.ca has been re-launched as of noon EST Wednesday June 20.

Developed by London, ON based Cyberteks Designs, Athletics Canada's new web home has been designed to provide more content, more information, efficient browsing and increased interactivity. The new site was developed with the outlying objective of being the best athletics website in the world.

Mathieu Gentès, Athletics Canada Marketing and Communications Manager; "Our new website was designed to provide more content and timely information to our members, athletes, coaches, fans and partners, as well as provide a valuable tool to aid in the promotion of track and field and Canadian athletes." Some of the new features include a photo gallery, calendar, wallpapers, interactive desktop, mobile alerts, animations, videos and featured athletes.

Athletes will also be able to login to the site to create, update and make changes to their online profile. In the coming weeks Athletics Canada will also re-launch www.runcanada.ca.

Please note that the website requires Flash Player 8 or higher (a free download) and is best viewed at 1280x1024 resolution.



Leadership, development and competition ensuring podium performances

Athletics Canada

La poursuite du leadership, développement et de la compétitions qui assure une performance de niveau mondial

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Developed by Cyberteks Design

Interview with Ilana Duff and coach Rick Reelie

Ilana Duff has clenched three Canadian Records during the last month of competition in the 100m, 200m, and 400m T53. Coached by Rick Reelie, this young 21 year old athlete has a promising career ahead of her.

Date	Event	Location	Time
May 13, 2007	T53-200m	Victoria, BC	31.86
June 7, 2007	T53-100m	Prattlen, Switzerland	18.04
June 7, 2007	T53-400m	Prattlen, Switzerland	1:02.65

Athletics Canada - How and when did you start your career as an athlete? Why did you choose to pursue wheelchair racing?

Ilana Duff - November 2005 was when I first jumped in a racing chair. In the beginning I was just looking for something fun to do in my spare time... a couple times a week maybe... it developed into a lot more than that and I absolutely love it!

AC - In the past month you have broken three Canadian Records in three separate events. How does it feel to know you are the best ever in Canada in your class?

ID - When I first heard that I had set the records, I didn't even know what to say. I guess I was kind of in shock! It wasn't something I had really thought that would be able to do, so it was really exciting to hear that I had! It's sinking in more now than at the time. It's really great to hear people say "You're the fastest T-53 ever in Canada!", I can't help but have the biggest smile!

AC - Have you recently made any changes to your training habits and / or racing tactics?

ID - Weight training was something my coach (Rick) added this season before competition started. Other than that, I have just been focusing on the same things. My technique has changed a little bit as well. As I become stronger, certain aspects of my technique are becoming much more efficient. My training routine consists of five training sessions in my racer, and before competition started, I was in the gym three times a week. Track sessions include tempo, distance, fartlek, interval and jog. The weight sessions went back and forth between strength and power.

AC - How important is it to you to defend your Canadian Records? Will you approach races differently now that you are the best in Canada in these events for your class, knowing that you are the one to beat?

ID - I will do my best to keep the Canadian Records mine for as long as possible. It's an honour to have them... I want to keep them! I will keep training and pushing hard to be the best that I can be, I'm not sure I will change my approach to races.

Interview with Ilana Duff and coach Rick Reelie

AC - What are your goals for the remaining 2007 season and the upcoming 2008 season? Beyond 2008?

ID - I would just like to keep up what I have been doing so far this season. A goal I have is to attain a faster 800m time. I'm just looking forward to having more race experience. I would love to be in Beijing, but if not, definitely London in 2012.

AC - How long have you coached Ilana?

Rick Reelie - Right from the start!

AC - How does it feel to coach someone such as Ilana who is experiencing quite a bit of success at this point in her career?

RR - It feels great and I'm definitely proud of what Ilana has accomplished so far this year, what coach wouldn't be! You know, I see how hard she works in training and how enthusiastic she is after a good race so it's very rewarding for me to see her perform so well and that also rubs off on the other members of our training group. As satisfying as her early success is we still need to be a bit cautious not to push Ilana too hard to fast at this stage, regardless of how she is performing, just let her enjoy it as it comes.

AC - What are your predictions for Ilana's performance both in the short and long term?

RR - I tell you what, after what she has accomplished so far this season who knows! We fully expected major gains from Ilana this year, given her work ethic, commitment, and her performances from last year, but I would have to say she's somewhat ahead of those targets. I think for her, just acknowledging the fact that she is right up there with the top female racers, and being comfortable with that fact will help build the confidence she'll need to compete at that next level! As a coach I think you always plan for the "what if's" so now it's time for the next "what if".

AC - Can you describe the coach-athlete relationship you have with Ilana and your other athletes?

RR - Back in Saskatoon I think we've made a real effort to create a fairly open and supportive environment within our training group. Of course, as their coach I have specific expectations for each of them, as they do of me, as well as the fact we all have very distinct personalities and have different ways of dealing and reacting to success and adversity. I believe developing a friendship with the athletes definitely goes a long way in dealing with, and working through, any possible issues as well as what motivates or calms them depending on the circumstance. You spend so much time together training and competing that the athletes need to feel comfortable enough that other aspects of their lives can work their way into the group and that kind of atmosphere is something, even on an off day, they all want to be apart of!



June Highlights

Five gold medals for Chantal Petitclerc at Swiss Open

Chantal Petitclerc kicked-off the international wheelchair track and field season in spectacular fashion Saturday June 2 earning five gold medals at the Swiss Open while Brent Lakatos added two victories. Petitclerc earned her victories in the 100, 200, 400, 800 and 1,500-metre wheelchair races for paraplegics (T54 category) under wet and cold conditions.

“It was a big day and it went very well,” said Petitclerc, a double world champion last year after missing a big chunk of the season with an illness and a quintuple gold medallist at the 2004 Paralympics. “The forecast all week was for rain so we knew what we were headed for. I’m glad to do so well under those conditions I usually struggle in the rain but I was in control in every race. The times were ordinary so I was most pleased with my 1,500 because it is not my specialty.”

Lakatos wheeled to victories in the 100 and 200 metre sprints and added silver in the 400 in the T53 category.

“It was a great way to start the season,” said Lakatos. “I neared my best time in the 100 despite the conditions and the guy that beat me in the 400 (Hong Suk Man of South Korea), is the world record holder.”

Quadriplegic racer Bergeron added silver medals in the 100, 200 and 800-metres and bronze in the 400 and 1,500 while André Beaudoin added bronze medals in the 100, 200 and 800 for quads.

“I’m pretty satisfied with my performances, I was close to the winners,” said Bergeron, who juggled training and full time work as an actuary this past winter.

Diane Roy took silver in the women’s 400 for paraplegics and added bronze in the 800 and 5,000. Colin Mathieson was fourth in the 200 and fifth in the 100 for paraplegics.

Tyler Christopher wins opener in New York

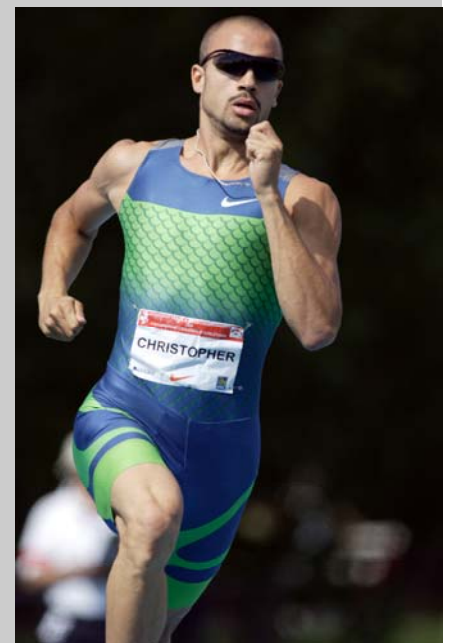
Tyler Christopher won his 400-metre opener in New York on June 2nd in a time of 44.93 seconds. Christopher faced tough competition from lane 8 beating an excellent field which also featured LaShawn Merritt and Andrew Rock from the United States.

Christopher wasn’t the only Canadian athlete to excel at the Grand Prix in New York; Malindi Elmore won the 1500-metres in a time of 4:07.01. Carmen Douma-Hussar was 4th in 4:08.74 and Hilary Stellingwerff finished in 10th in 4:14.09.

Kevin Sullivan was 7th in the one mile race crossing the line in 3:57.91. Ryan McKenzie was 10th in the same race in a time of 4:02.98.

Other Canadians in New York

Reid Coolsaet finished in 8th place in the 5000-metres (13:50.89); Megan Metcalfe was 4th in the women’s 5000-metres (15:38.78); Diane Cummins was 3rd in the 800-metres (2:00.36) while Aimee Teteris also of was 9th (2:05.64).



June Highlights (continued...)



Lieja Tunks breaks Canadian Women's Shot Put Record which stood since 1979

Lieja Tunks broke the Canadian women's shot put record at the Papendal Games in Arnhem, Netherlands on Wednesday June 13th. Lieja finished second in the meet with a throw of 17.83 metres shattering the previous record of 17.17 metres set by Carmen Ionescu in 1979.

James Steacy betters his Canadian Hammer Throw record in Calgary

James Steacy bettered his Canadian hammer throw record in Calgary June 16th at the 2007 CalTaf Track Classic. Steacy won the men's open hammer throw with a toss of 77.38 metres, beating his nearest competitor by over 16 metres. Steacy, who first broke the Canadian hammer throw record in 2006, has now improved the record for a fourth time (once in 2006, three times this year).

Canadian record for Diane Roy at Oensingen Marathon

Diane Roy broke her Canadian record in the marathon for women wheelchair racers on Saturday June 9th in a bronze medal performance at the Oensingen Marathon.

Amanda McGrory of the U.S., won the gold medal in one hour and 39 minutes and 20.4 seconds with Sandra Graf of Switzerland second in 1:40:07.08. Roy clocked the 42 kilometre race in 1:40:09.1 almost three and half minutes faster than her previous best.

Brent Lakatos breaks three Canadian records at World Series event

Brent Lakatos broke three Canadian records and earned three medals including a gold on Thursday June 7th to highlight Canadian performances at a World Series stop on the wheelchair racing circuit.

Lakatos clocked 15.14 seconds for the victory in the 100-metres in the T53 disability category for paraplegics, he was second in the 200 in 26.90 and second in the 400 in 50.40. All three times were Canadian records, his time in the 400 eclipsing a 14-year-old mark.



June Highlights (continued...)



Bruny Surin at the Hershey Track and Field Meet in Edmonton
June 9, 2007



Bruny Surin has signed on as Canadian Legend for the 30th anniversary of the Hershey's Track and Field Games attending two Canadian Track and Field events. The first was held in Edmonton Alberta on June 9th, the second Canadian event will be in Moncton, New Brunswick on July 8th. The competition will take place at École Anna Malenfant and is open to all communities in New Brunswick. Participants attending local events can earn a spot in a district / provincial meet. All winners at the district / provincial meets become eligible for selection to the regional team which attends the Hershey's Track and Field Games North American Final in Pennsylvania. For more information on the Hershey's Track and Field Games, please visit the official website: www.hersheystrackandfield.com. Bruny will be joined at the North American Final by *American Legends* Michael Johnson, Carl Lewis, Bruce Jenner and Rafer Johnson.

2007 Eastern Canadian High Performance Series

The 2007 Eastern Canadian High Performance Series began June 30 in Ottawa and will be followed by meets in Sherbrooke on July 4, Halifax on July 6 and concludes in Toronto on July 8.

Schedule of Events

Ottawa – June 30

100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 3000m steeplechase, 100m hurdles, 110m hurdles, 400m hurdles, pole vault, long jump, triple jump, high jump, shot put, discus throw, hammer throw, javelin throw, 4x100m, 4x400m

Sherbrooke – July 4

100m, 200m, 400m, 800m, men's 3000m steeplechase, pole vault, long jump, women's high jump, shot put, hammer throw

Halifax – July 6

100m, 200m, 400m, 800m, 1500m, men's 3000m, long jump, shot put, mixed / masters mile

Toronto – July 8

100m, 200m, 800m, 1500m, 100m hurdles, 110m hurdles, pole vault, women's long jump, men's triple jump, high jump, 4x100m, 4x400m

To find out more about the series visit the website at: www.easterncanadianseries.ca

2007 CBC Coverage of Athletics

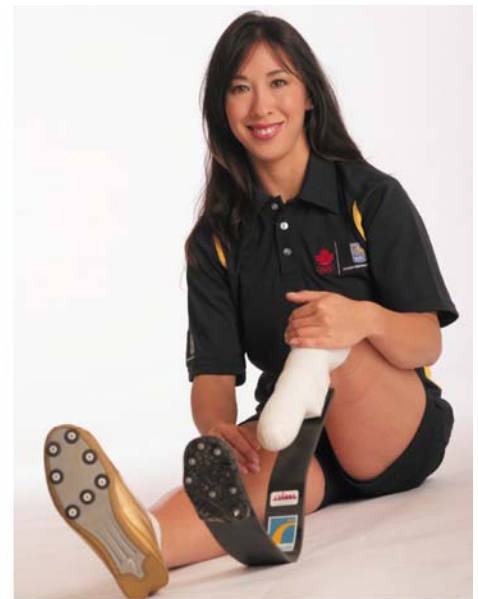
Sat. July 7	Paris Golden League	2:00pm
Sat July 14	Rome Golden League	12:00pm
Sat July 21	Canadian Track and Field Championships (World Trials)	12:00pm
Sat. Aug 25	World Championships	3:00pm
Sun. Aug 26	World Championships	3:00pm (repeated 12:30am)
Sat. Sept 1	World Championships	12:00pm and 4:00pm
Sun Sept 2	World Championships	12:30am
Sat. Sept 8	Zurich Golden League	2:00pm
Sat Sept 15	Brussels Golden League	2:30pm
Sun Sept 16	Berlin Golden League	4:00pm



Ravi Kahlon
Field Hockey



Jennifer Botterill
Ice Hockey



Andrea Holmes
Athletics (Paralympic)

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Send us your resume by July 13th, 2007.

For more information about the program, please send an e-mail to josh.epstein@rbc.com with "RBC Olympians" in the subject line.



Marc-André Moreau
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RBC Olympians Program

Interview with Jason Dunkerley

Jason Dunkerley is reigning world 800-metre and 1500-metre champion in his class as well as the Canadian record holder in both of these events. He is currently one of four athletes involved in the RBC Olympic program for Track and Field. The RBC Olympians program provides funding, flexible work arrangements, and opportunities to share athletic experiences in Canada for both Olympic and Paralympic athletes.



Athletics Canada - What is the RBC Olympian Program all about?

Jason Dunkerley - The RBC Olympians Program gives current, past and potential Olympic and Paralympic athletes an opportunity to gain career experience in the area of Public Affairs, while at the same time enabling them to develop as public speakers through representing RBC as community ambassadors at school, corporate, and employee events. The athletes in the program have a flexible work arrangement geared around their training and competition needs.

AC - Describe what your part, as an athlete in the program consists of?

JD - My time is spent between working in the Regional Office downtown (Ottawa) and delivering presentations on behalf of RBC. I've spent the majority of my time in the office and have not been on the road as much as some athletes in the program. To date I have attended 24 events and have spoken at nearly all of them. When in the office, my work has been in the area of marketing and communications. I've been working under the Community Marketing Manager who is based in Toronto.

AC - What are the benefits of the program?

JD - A huge benefit of the program is the flexibility to leave early, or to adjust your schedule around your training needs. You are required to work 20 hours a week, and at the moment, I'm able to work 30 to 35 hours on average and can bank some hours for when I will be away over the summer. The opportunity to gain work experience is another important advantage of the program. I think in many cases, athletes are so focused on competing that by the time they are finished competing, they have little or no work experience to carry into life after sport. The program helps to bridge this gap. In addition, having the chance to speak on a regular basis to various audiences has been important for me in that I've been able to develop what I feel is a fairly solid presentation, and have grown in confidence delivering it over the course of the year. I think athletes can offer a unique perspective on life and can offer much through sharing their insights on sport, and there are often parallels between aspects of life as an athlete and other walks of life which may otherwise go unnoticed, so it is important that athletes be given or seek out an opportunity to share their stories.



RBC Olympians Program

Interview with Jason Dunkerley

AC - How did you become involved in the RBC Program?

JD - I heard about the program through the advertising which RBC does at this time each year. I had applied two years ago and at that time, was told that RBC were not looking to hire in Ottawa. Last year I tried again and this time I was able to make it through the interview process, which consisted of three telephone interviews, and they offered me the position.

AC - What do you consider to be the best part of the program?

JD - I think the flexibility to choose your work schedule, opportunity to gain valuable work experience, and the chance to develop as a public speaker are factors which make it possible for athletes to move ahead in a balanced way. This balance is very important especially given that we only have so long to compete. If we can pick up skills not directly related to sports, while still competing, then I think we owe it to ourselves to do this.

Racewalkers of all ages invited to compete at Canadian National Championship

This year's Canadian Racewalk championships will be an open event allowing participants of all ages to compete alongside Canada's best. The event will take place on Sunday July 15th in Windsor, Ontario with all races starting at 7:30am.

The Canadian Racewalk Championships will not only feature Senior Men's and Women's 20km divisions but will also host Junior Men's and Women's 10km events. The junior 10km championships will serve as the trials for the Canada-USA Junior Dual meet which will be held in August 2007. "The Open 5km and 10km racewalks will be contested at the same time as the Championship Senior and Junior 20 and 10km events as well as the Michigan vs. Ontario "Weinacker Cup" ".

During the course of the Canadian Racewalk Championships everyone is invited to take part in a racewalk symposium. The first session titled "Science in the Art of Racewalk Coacing" will take place on Saturday July 14th from noon until 1:30pm with guest speaker Sherry Watts. This session will cover the use and limitations of monitors, including heart rate and blood lactate monitors, VO2 max testing and video analysis software. The second session, scheduled for Sunday July 15th at 10:30am, will look at Athletics Canada's New Racewalk Coaching Curriculum presented by Roger Burrows. Attendees will leave the session with a copy of the complete curriculum and can order the skill training video which will be shown in the session.



2007 Pan American Games team

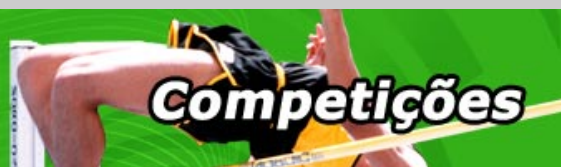
<i>Name</i>	<i>Event</i>	<i>Hometown</i>	<i>Coach</i>
Richard Adu-Bobie	4x100m	Ottawa, ON	Glenroy Gilbert
Esther Akinsulie	400m	Ottawa, ON	Hugh Conlin
Dylan Armstrong	Shot put	Kamloops, BC	Anatoliy Bondarchuk
Brian Barnett	200m, 4x400m	Edmonton, AB	Quin Sekulich
Tyler Christopher	400m, 4x400m	Edmonton, AB	Kevin Tyler
Jared Connaughton	200m, 4x100m	New Haven, PEI	Colin MacAdam
Diane Cummins	800m	Victoria, BC	Brent Fougner
Andrew Dargie	4x400m	Calgary, AB	John Cannon
Carmen Douma-Hussar	1500m	Cambridge, ON	Marcus O'Sullivan
Dana Ellis-Buller	Pole vault	Kitchener, ON	Ty Sevin
Perdita Felicien	100mH	Pickering, ON	Gary Winkler
Nicole Forrester	High jump	Aurora, ON	James Henry
Sultana Frizell	Hammer throw	Perth, ON	Boris Zaltchouk
Anson Henry	4x100m	Pickering, ON	Dan Pfaff
Adam Kunkel	400mH, 4x400m	Paisley, ON	Kevin Tyler
Michael LeBlanc	100m, 4x100m	Moncton, NB	Dave Hegland
Jared MacLeod	110mH	Winnipeg, MB	Cliff Rovelto
Megan Metcalfe	5000m	Edmonton, AB	Sean Cleary
Carline Muir	400m	Weston, ON	Kevin Tyler
Keston Nelson	4x400m	Toronto, ON	Derek Evely
Emanuel Parris	100m, 4x100m	Etobicoke, ON	Richard Crevier
Adrienne Power	200m, 400m*	Halifax, NS	Peter Lord
Scott Russell	Javelin	Windsor, ON	Doug Reynolds
Crystal Smith	Hammer throw	Creston, BC	Jud Logan
Dariusz Slowik	Discus throw	Richmond, BC	Richard Collier
James Steacy	Hammer throw	Lethbridge, AB	Larry Steinke
Achraf Tadili	800m	Laval, QC	Brent Fougner
Nathan Vadeboncoeur	400m, 4x400m	Winnipeg, MB	Laurier Primeau
Angela Whyte	100mH	Edmonton, AB	Wayne Phipps
Jessica Zelinka	Heptathlon	London, ON	Les Gramantik
Team Staff			
Les Gramantik	Head Coach		
Glenroy Gilbert	Assistant Coach		
Derek Evely	Assistant Coach		
Larry Steinke	Assistant Coach		
Hugh Conlin	Assistant Coach		
Ingrid Ruys-George	Team Manager		

*To be determined



2007 Pan American Junior Championships Team

<i>Name</i>	<i>Event</i>	<i>Hometown</i>	<i>Coach</i>
Kaitlyn Andrews	Shot Put	Georgetown, ON	Bruce Andrews/ Peter Daija
Marie-Louise Asselin	3000m	Sarnia, ON	Sean Cleary
Kyle Boorsma	5000m	Guelph, ON	Dave Scott-Thomas
Matthew Bruce	5000m	Oshawa, ON	Rob Grepe
Madelaine Buttinger	High Jump	Waterloo, ON	Gary Crossley
Lindsay Carson	1500m	Cambridge, ON	Pete Grinbergs
Jonathan Charest	200m	St-Tite, QC	Daniel St. Hilaire
Mark Chenery	Decathlon	Victoria, BC	Ron Parker
Gabriella Duclos-Lasnier	Pole Vault	Quebec City, QC	Jean Lépine
Myriam Dumont-Breton	Discus	Poénégamook, QC	Paul-E. Lafrance
Justin Duncan	1500m	Brampton, ON	Eddie Raposo
Tyler Fawcett	110mH, 400mH	Winchester, ON	Hugh Conlin
Casey Garbaty	Javelin	Sarnia, ON	Joel Skinner
Inaki Gomez	10km RW	Vancouver, BC	Gerry Dargomir
Justin Greif	Shot Put, Discus	Tisdale, SK	Dean Bertoia
Chantelle Groenewoud	3000m SC	North Vancouver, BC	Ashley Weber
Reid Gustavson	Decathlon	West Vancouver, BC	Laurier Primeau
Tyrone Halstead	100m	Mississauga, ON	Marc Christie
Andrew Heaney	800m	Toronto, ON	Bill Stephens
Matthew Hughes	3000m SC	Oshawa, ON	Kevin Dillon
Kimberly Hyacinthe	100m, 200m	Montreal, QC	Daniel St. Hilaire
Stacey Irvine	Pole Vault	Smithers, BC	Greg Peters
Adam Johnson	200m, 400m	Toronto, ON	Craig Blackman
Blake Jones	400mH	Mansonville, QC	Rashed Din
Nathan Labbe	Long Jump	McCreary, MB	Wayne McMahan
Olivier Lavoie	3000m SC	Sainte-Adele, QC	Pierre Leveille
Geoffrey Law	Pole Vault	Vancouver, BC	Laurier Primeau
Matthew Leeder	1500m	Brockville, ON	Bob Tucker
Jenna Martin	400m	Bridgewater, NS	Charles Scarrow
Darren Mazzei	800m	Regina, SK	Steve Gersten
Kyle Nielsen	Javelin	New Westminster, BC	Tom Nielsen
Ikenna Obonna	Triple Jump	Brampton, ON	Frank Bucca
Jessica O'Connell	1500m, 3000m	Calgary, AB	Mike Van Tighem
Jonathan Reid	400m	Windsor, ON	Amber Larsen
Sheila Reid	800m	Newmarket, ON	Hugh Cameron
Brian Richards	Long Jump	Toronto, ON	Earl Latford
Emily Sheppard	High Jump	North Vancouver, BC	Elena Voloshin
Jessica Smith	800m	North Vancouver, BC	Ashley Weber
Heather Steacy	Hammer	Lethbridge, AB	Larry Stone
Brianne Theisen	Heptathlon	Humboldt, SK	Todd Johnston
Deryk Theodore	Pole Vault	Edmonton, AB	Cory Choma
Caitlin Van Dodewaard	Discus	Renfrew, ON	Darrin Reesal



2007 Pan American Junior Championships Team (continued)

Sarah Wells	400mH	Unionville, ON	David Hunt
Alexander Witmer	High Jump	Kitchener, ON	Dermott Smith
Danelle Woods	3000m SC	Ottawa, ON	Ray Elrick
Coaching Staff			
Gary Crossley	Head Coach	St. Jacobs, ON	
Nathalie Muller	Team Manager	Ottawa, ON	
Molly Killingbeck	Coach	Toronto, ON	
David Christiani	Coach	Toronto, ON	
David Hunt	Coach	Toronto, ON	
Daniel St. Hilaire	Coach	Montreal, QC	
Denise Hebert	Coach	Windsor, ON	
Dr. Shelby Karpman	Team Physician	Edmonton, AB	
Yvonne Visser	Therapist	Nanaimo, BC	
Nadine Nembhard	Therapist	Vancouver, BC	

2007 IAAF World Youth Championships Team



<i>Name</i>	<i>Event</i>	<i>Hometown</i>	<i>Coach</i>
Ariane Beaumont-Courteau	Pole Vault	Montréal, QC	Ambroise Courteau
Hubert Chevrette Bélisle	400mH	Repentigny, QC	José Sant
Wiley Collins	Javelin	London, ON	Sylvia Kontra
Derek Drouin	High Jump	Sarnia, ON	Joel Skinner
Evan Dunfee	10km RW	Richmond, BC	Gerry Dragomir
Karelle Edwards	100mH	Ottawa, ON	Pauline van der Roest
Jessica Furlan	2000m SC	Regina, SK	Larry Longmore
Natalie Geiger	400m	Stouffville, ON	Bill Gairdner
Gabriel El Hanbli	400mH	Repentigny, QC	José Sant
Philip Hayle	200m	Brampton, ON	Frank Bucca
Alyssa Johnson	400m	Winnipeg, MB	George Tanner
Emma Kimoto	High Jump	Richmond, BC	Sarah McDiarmid
Alanna Kovacs	Discus	Barrie, ON	Monique Kovacs
Loudia Laarman	100m	Lethbridge, AB	Greg Guyn
Julie Labonté	Shot Put	Ste-Justine, QC	François Pap/ Daniel Labonté
Geneviève Lalonde	1500m	Moncton, NB	Jules Comeau
Simon Léveillé	110mH	Mascouche, QC	Carole Crevier / N. Prince
Laura Macauley	Shot Put, Javelin	Port Alberni, BC	Anna Jack
Emmalynne MacCorquodale	Hammer	Nanaimo, BC	Tim Findlay
Oluwasegun Makinde	200m	Ottawa, ON	Glenroy Gilbert

2007 IAAF World Youth Championships Team (continued)

Shauna Malek	400mH	London, ON	Sandy Cooper-Ryder
Kyle Milks	1500m	Brockville, ON	Ian Clark
Thomas Morrison	1500m	Port Perry, ON	Dale Lapham
Christabel Nettey	100mH, Long Jump	Surrey, BC	Mike Murray
Sabrina Nettey	100m, Long Jump	Surrey, BC	Mike Murray
Keynan Parker	100m	New Westminster, BC	Winston Reckord
Jessica Parry	800m	London, ON	Dave Mills / Janet Takahasi
Lucas Rodewald	High Jump	Winnipeg, MB	Wayne McMahon
Zack Russell-Ford	Shot Put, Discus	London, ON	John Allan
Trent Sayers	800m	Whitby, ON	Ian Critchell
Jacob Smith	2000m SC	Brockville, ON	Bob Tucker
Angus Taylor	Discus, Hammer	Richmond, BC	Richard Collier
Michelle Theophile	High Jump	Whitby, ON	Gary Lubin
Darryl Thomas	800m	Ajax, ON	Dale Lapham
Amanda Truelove	1500m	Barrie, ON	Dave Small
Esther Vermeer	800m	Grimsby, ON	Stuart Galloway
Ian Warner	100m	Markham, ON	A. D'Oliveira / C. Linton
Drew Welch	Shot Put	London, ON	John Allan
Team Coaches			
Gord Orlikow	Head of Delegation	Toronto, ON	
Bruce Pirnie	Head Coach	Winnipeg, MB	
Alicia Fagan	Team Manager	Ottawa, ON	
Mike Murray	Coach	Surrey, BC	
Christine Laverty	Coach	Calgary, AB	
Mingpu Wu	Coach	Winnipeg, MB	
Darcy Cumming	Coach	Ottawa, ON	
Dr. Jean Dion	Physician	Mont Tremblant, QC	
Connie Beukeboom	Therapist	Carllingwood, ON	
Majolein Groenevelt	Therapist	Ottawa, ON	



Legion Nationals Mark 31st Year of Competition

This year's Royal Canadian Legion Track and Field Championships in Oromocto, NB will mark the 31st year of competition. Canada's premier track and field event for youth between the ages of 12 and 17 begins with training clinics on August 7th. Opening ceremonies, slated for 7pm on Friday August 10th at the new Canadian Forces Base Gagetown track, will officially kick off the competition.

The Royal Canadian Legion Dominion Command National Track and Field Championships is the only national event held for this age group in Canada. The event has been a training ground and springboard for Canada's top track and field athletes to both Olympic and world level competitions. Provincial and territorial teams from the Legion's 10 commands are selected at meets across the country with an estimated 5,000 athletes competing for the honour and privilege of attending the Legion Championships.

The Royal Canadian Legion and a number of sponsors cover all associated costs. In the case of the Legion, the investment exceeds a half-million dollars per year. Other sponsored track and field events leading up to the national event are estimated to cost the organization's membership in excess of two million dollars a year. Local Legion branches with the required facilities bid to host the event and a chance to organize and conduct the games. The event is organized by a local committee of Legion members and volunteers, supported by the Dominion Command in Ottawa.

The Lieutenant-Governor of New Brunswick, Honourable Herménégilde Chiasson, will be the guest speaker at the opening ceremonies. The meet this year will also commemorate the 90th Anniversary of the Battle of Vimy Ridge. Prior to the start of competition, the athletes will take part in training sessions carried out by top track and field coaches from Athletics Canada. The closing ceremonies will be held at the base's dining facility at 6pm on Monday August 13th. Highlighted by an address to the athletes from Canadian Forces medic Master Corporal Paul Franklin who lost both legs in Afghanistan during a suicide bombing. The games will close with a presentation to the two top athletes made in memory of former Olympian, and soldier, Private Mark Graham whose life was taken in Afghanistan in 2006. Pte. Graham competed in the Legion Championships in 1989.

The championships are fully sanctioned by Athletics Canada, the national governing body for track and field in Canada. The track and field competition is scheduled to take place Saturday August 11 from 9am until 4pm, and Sunday August 12 from 9:30am until 4pm. The competition is open to spectators at no charge.

A blue banner with white text and graphics. At the top, there are two white maple leaf icons, each with a stylized white figure of a person running or jumping. The main title "2007 Canadian Championship Series" is in large, bold, white font. Below the title, four lines of text list the events: "Canadian Track & Field Championships - July 12-15 - Windsor, ON", "Canadian Junior Track & Field Championships - July 27-29 - Abbotsford, BC", "Canadian 10km Championships - October 13 - Ottawa, ON", and "Canadian Cross-Country Championships - December 1 - Guelph, ON". The background of the banner shows a collage of athletes in various track and field events, including a runner, a cyclist, and a high jumper.

**2007 Canadian
Championship Series**

Canadian Track & Field Championships - July 12-15 - Windsor, ON

Canadian Junior Track & Field Championships - July 27-29 - Abbotsford, BC

Canadian 10km Championships - October 13 - Ottawa, ON

Canadian Cross-Country Championships - December 1 - Guelph, ON

4 Canadians confirmed for IPC 1500m T54 trials in Windsor

Four Canadians will compete in Windsor, ON on July 7 in the International Paralympic Committee (IPC) 1500 metre wheelchair racing trials. The Trials will select the eight male and female finalists to compete this August in the men's and women's 1500 metre wheelchair exhibition demonstration events at the 2007 World Championships in Athletics.

Chantal Petitclerc, Diane Roy and Tracey Ferguson will compete in the women's 1500 metre trials while Michel Fliteau will represent Canada on the men's side. The Canadian foursome will face challengers from numerous countries like Austria, China, France, Great Britain, Japan, Mexico and the United States.

The World Championships take place August 20 to September 2 in Osaka, Japan. The wheelchair exhibition events take place the first of September.

Canada has a storied history of excellent results in previous IAAF wheelchair exhibition events. In 1987, Dianne Rakiecki of BC, won the gold in the 800 metre. In 1991 in Tokyo, Chantal Petitclerc won the bronze and captured silver in 1995. More recently Diane Roy captured the silver at the 2003 IAAF Championships in Paris.

The 1500 metre trials will take place during the Boiling Point Wheelchair Track Classic, an elite international competition. The men's 1500 metre semi-finals are slated to begin at 6:35pm with the women's semis at 6:47pm. [Follow this link](#) to view the full schedule of the Boiling Point Wheelchair Track Classic.

The Boiling Point will be preceded by an Enhanced Athletics Development Meet (EADM) in the afternoon. The EADM is an all comer's type of competition to give racing opportunities to younger athletes and introduce new athletes to the sport of wheelchair racing.

Earle Connor overcomes broken foot for 100-metre gold

Earle Connor broke the foot on his artificial leg with 15 metres to go but held on to win the gold medal in the men's 100-metre dash for amputees on Saturday June 23 at the IWAS World Cup track and field competition. Connor clocked 12.63 seconds to remain undefeated in his 10-year national team career in the event. John McFall of Britain was second in 12.73 and Yashi Mashimoto of Japan third in 13.10.

"I was pretty worried when I heard that loud snap then cracking sounds," said Connor, in his first international race this season. "I didn't want my streak to end in that event. I managed to make it through. I'm satisfied with my race."

Connor says the leg is a write-off and he'll either get a new prosthesis or use an old one for his next meet in two weeks. He's been invited to race in an amputee race at the IAAF Golden League stop in Paris, one of the biggest events of the year in international track and field.

"I certainly don't want to miss that competition," said Connor. "I have a couple of legs in my basement back home that I could use. I'll have to see whether there is enough time to get a new one. It's a bit sad for me because I was feeling very comfortable with the leg I had today. But I'd had it since 2004 so I guess it was time for it to go."

Connor has enjoyed some of his biggest success on the Leverkusen track. He won three gold medals in 2003 which included a world record 12.13 seconds in the 100, a record that still stands. In 2004, he won gold in the 100 after being treated for an infection in hospital before and after the race. He also won here last year.

Athletics Canada announces 2008 Olympic Games Qualifying Standards

Athletics Canada published the draft standards for the 2008 Olympic Games in Beijing, China. For the vast majority of events, the 2007 repeat performance qualifying period began June 1 and will end on September 30th.

The 2008 qualifying period will begin on April 1st 2008 and will tentatively conclude with the Beijing Trials on July 6th 2008. A Top 12 performance during the 2007 qualifying period will heavily impact an athlete's selection to the Olympic team.

Athletics Canada will review and finalize the standards as well as the final qualifying period following the 2007 World Championships. The A+ standard is based on statistical analysis of rankings, World Championships and Olympic Games of the past five years. The A+ standard represents a Top 12 ranked athlete in the world while the A and B standards, other than Road Racing events, are equivalent to the International Association of Athletics Federations A and B standards.

Road Racing standards are established equivalently with other event standards. A Road Racing performance must only be achieved once during the two-year qualifying window.

· Visit here to view the Qualifying Standards and the Repeat Performance Schedule:

http://www.athletics.ca/display_news.asp?newsid=172



2007 Athletics Canada Technical Congress

The 2007 Technical Congress will take place in Toronto, ON from November 23-25. The Congress will take place at the University of Toronto, with the Holiday Inn Toronto Midtown serving as the event hotel. Check the website regularly for updates on the Congress, including schedule and registration information.

Athletics Canada Technical Congress

November 23-25
Toronto, ON

For more information:

[Nicole Clarke](mailto:Nicole.Clarke@athletics.ca)

www.athletics.ca/article.asp?id=11018

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JULY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i>	<i>31</i>				

4 - Eastern Canadian High Performance Athletic Series, High Performance Meet, Sherbrooke, QB

6 - Eastern Canadian High Performance Athletic Series, Aileen Meagher International Track Classic, Halifax, NS

6 - 8 - Pan American Junior Championships, Sao Paulo, Brazil

7 - Boiling Point Wheelchair Track Classic & IPC 1500m Demonstration Event Trials for World Championships in Athletics, Windsor, ON

8 - Eastern Canadian High Performance Athletic Series, Kidd-Crothers Track Classic, Toronto, ON

9 - 12 - Para-Athletics National Development Squad Training Camp, Windsor, ON

11-15 - IAAF World Youth Championships, Ostrava, Czech Republic

12-15 - Canadian Track and Field Championships, Windsor, ON

22 - 29 Pan American Games, Rio de Janeiro, Brazil

27 - 29 Canadian Junior Track and Field Championships, Abbotsford, BC



Canadian Track & Field Championships
Championnat canadien d'athlétisme
WINDSOR 2007

RBC Canadian Track and Field Championships July 12-15



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