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## Rankings include NON CIS Equivalent Events

Note: \* indicates a Standard and (HT) indicates a Hand Time

### Best QSSF Men's 60m Result for All Athletes as of 14-Mar-2010 00:08:32 (Standard: 6.79)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	6.78 *		Hank Palmer	McGill	29-Jan-2010	Tomlinson Field House
2	7.08		Andrew Hamilton	McGill	05-Dec-2009	Tomlinson Fieldhouse
3	7.13		Jonathan Charest	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
4	7.22		Simon Léveillé	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
5	7.24		Clément Ouellette-Léveillé	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
5	7.24		Carl Dallaire	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
7	7.25		Andrew Archibald	McGill	05-Dec-2009	Tomlinson Fieldhouse
7	7.26		David Sarfati	McGill	27-Nov-2009	Louis Riel Dome
9	7.27		Miguel Mangalindan	McGill	27-Nov-2009	Louis Riel Dome
9	7.27		Ayoub Rachati	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
11	7.28		Boris Ouedraogo	Laval	23-Jan-2010	PEPS
12	7.33		Eric Lavigne	Laval	29-Jan-2010	Tomlinson Field House
13	7.36		Thierry-Olivier Roy	Laval	29-Jan-2010	Tomlinson Field House
14	7.39		Joseph Ariwi	McGill	19-Feb-2010	Tomlinson Fieldhouse
14	7.39		Charles Fournier	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
14	7.39		Guillaume Rioux	Laval	13-Feb-2010	Louis Riel Dome
17	7.40		Marc-Olivier Guindon	Montreal	29-Jan-2010	Tomlinson Field House
17	7.41		Marc-Antoine Doré	Laval	19-Dec-2009	Tomlinson Fieldhouse
17	7.42		Jason Guenette	Laval	19-Dec-2009	Tomlinson Fieldhouse
17	7.42		Lucas Lafourcade	McGill	19-Feb-2010	Tomlinson Fieldhouse
21	7.43		Alexandre Lemieux-Hudon	Sherbrooke	16-Jan-2010	Centre Sportif
22	7.47		Charles-olivier Laporte	Laval	23-Jan-2010	PEPS
23	7.48		Dong Liu	McGill	19-Dec-2009	Tomlinson Fieldhouse
23	7.48		Maxime Fredette	Sherbrooke	23-Jan-2010	PEPS
25	7.50		Jean-Philippe Boutin	Laval	29-Jan-2010	Tomlinson Field House
25	7.50		Vincent Bisailon	Laval	16-Jan-2010	Centre Sportif
25	7.50		Vincent Beaudoin-Hamel	Laval	19-Dec-2009	Tomlinson Fieldhouse
28	7.51		Vincent Fréchet	Laval	19-Dec-2009	Tomlinson Fieldhouse
29	7.53		Eric Ellemo	McGill	27-Nov-2009	Louis Riel Dome
30	7.56		Jasen Poulin	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
31	7.61		Marc-Antoine Loranger	Laval	29-Jan-2010	Tomlinson Field House
31	7.64		Pierre-Luc Labelle	Montreal	29-Jan-2010	Tomlinson Field House
31	7.65		James Langevin	Laval	29-Jan-2010	Tomlinson Field House
34	7.77		Tancrede Ropivia	Laval	29-Jan-2010	Tomlinson Field House
35	7.80		Sebastien Mezeret	McGill	27-Nov-2009	Louis Riel Dome
36	7.88		Fabien Lamaze	Laval	16-Jan-2010	Centre Sportif

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37	7.90		Stuart Atkinson	McGill	05-Dec-2009	Tomlinson Fieldhouse
38	7.94		Jean-Sebastien Langlois	Sherbrooke	16-Jan-2010	Centre Sportif
38	7.94		Charles-Édouard Dionne	Laval	29-Jan-2010	Tomlinson Field House
40	8.01		Alexandre Genois	Laval	19-Dec-2009	Tomlinson Fieldhouse

## **Best QSSF Men's 300m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 34.53)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	35.32		Ayoub Rachati	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
2	35.65		Jonathan Charest	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
3	36.13	50.56 (400m)	Pierre Puyjalon	Sherbrooke	12-Feb-2010	B U TrackCenter
4	36.39		Eric Ellemo	McGill	13-Feb-2010	Louis Riel Dome
5	36.49		Charles-olivier Laporte	Laval	29-Jan-2010	Tomlinson Field House
6	36.79	51.48 (400m)	Benjamin Gravel	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
7	36.81		Mathieu Raymond	Laval	19-Dec-2009	Tomlinson Fieldhouse
8	37.02		Tyler Levy	McGill	13-Feb-2010	Louis Riel Dome
9	37.12		Eric Lavigne	Laval	29-Jan-2010	Tomlinson Field House
10	37.26		Connor Bays	McGill	05-Dec-2009	Tomlinson Fieldhouse
11	37.27		David Sarfati	McGill	16-Jan-2010	Centre Sportif
12	37.42		Vincent Beaudoin-Hamel	Laval	29-Jan-2010	Tomlinson Field House
13	37.46		Florian Bobeuf	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
14	37.64		Charles Fournier	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
15	37.90		Carl Dallaire	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
16	38.07		Vincent Fréchet	Laval	19-Dec-2009	Tomlinson Fieldhouse
17	38.13		Vincent Bisailon	Laval	13-Feb-2010	Louis Riel Dome
18	38.20		Jean-Philippe Boutin	Laval	29-Jan-2010	Tomlinson Field House
19	38.61		Julien Barriere	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
19	38.81		Jasen Poulin	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
21	39.06		Ian Sandler	McGill	16-Jan-2010	Centre Sportif
22	39.07		Joseph Ariwi	McGill	16-Jan-2010	Centre Sportif
23	39.28		Hank Palmer	McGill	29-Jan-2010	Tomlinson Field House
24	39.43		James Langevin	Laval	29-Jan-2010	Tomlinson Field House
25	40.06		Alexandre Genois	Laval	23-Jan-2010	PEPS
26	40.29		Jean-Francois Rouleau	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
27	40.82		Marc-Antoine Loranger	Laval	29-Jan-2010	Tomlinson Field House
28	41.08		Stuart Atkinson	McGill	23-Jan-2010	PEPS
29	41.52		Fabien Lamaze	Laval	16-Jan-2010	Centre Sportif
30	41.76	58.43 (400m)	Antonin Forget-Besnard	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
31	41.90		Ryan Johnson	McGill	16-Jan-2010	Centre Sportif
32	41.92		Philippe Larochelle	Laval	23-Jan-2010	PEPS

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## **Best QSSF Men's 600m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 1:19.67)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:19.84		Charles-olivier Laporte	Laval	29-Jan-2010	Tomlinson Field House
2	1:20.14		Benjamin Gravel	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
3	1:20.41		Tommy Lecours	Laval	19-Feb-2010	Tomlinson Fieldhouse
4	1:20.44	1:53.14 (800m)	Mathieu Raymond	Laval	12-Feb-2010	B U TrackCenter
5	1:21.69		Tyler Levy	McGill	27-Feb-2010	Tomlinson Fieldhouse
6	1:22.71		Sofian Azzi	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
7	1:22.87		Connor Bays	McGill	27-Feb-2010	Tomlinson Fieldhouse
8	1:23.45	1:05.61 (500m)	Moise N'Ken	Sherbrooke	12-Feb-2010	B U TrackCenter
9	1:23.96		Eric Ellemo	McGill	13-Feb-2010	Louis Riel Dome
10	1:24.07		Ayoub Rachati	Sherbrooke	16-Jan-2010	Centre Sportif
11	1:24.11		Mathieu Bilodeau	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
12	1:24.52		Dominic Michaud	Laval	23-Jan-2010	PEPS
13	1:25.76		Nicolas Boucher	Laval	29-Jan-2010	Tomlinson Field House
14	1:26.06		Ian Sandler	McGill	29-Jan-2010	Tomlinson Field House
15	1:27.70		Julien Barriere	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
16	1:29.23		Jean-Francois Rouleau	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
17	1:29.79		Marc-Andre Forget	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
18	1:29.92		Lucas Lafourcade	McGill	19-Feb-2010	Tomlinson Fieldhouse
19	1:32.02		Philippe Larochelle	Laval	23-Jan-2010	PEPS

## **Best QSSF Men's 1000m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 2:26.58)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2:24.86 *		James Poulin-Cadovius	Sherbrooke	12-Feb-2010	B U TrackCenter
2	2:25.12 *		Tommy Lecours	Laval	12-Feb-2010	B U TrackCenter
3	2:26.80		Benjamin Gravel	Sherbrooke	12-Feb-2010	B U TrackCenter
4	2:26.96		Pier-Olivier Laflamme	Laval	12-Feb-2010	B U TrackCenter
5	2:26.97		Olivier-Gabriel Lavoie	Sherbrooke	12-Feb-2010	B U TrackCenter
6	2:27.52		Dominic Michaud	Laval	29-Jan-2010	Tomlinson Field House
7	2:29.01		Kenneth Douglas	McGill	12-Feb-2010	B U TrackCenter
8	2:29.58		Charles-olivier Laporte	Laval	16-Jan-2010	Centre Sportif
9	2:30.37		Daniel Kramer	McGill	05-Feb-2010	The Armory Track Field Center
10	2:31.18		Mathieu Raymond	Laval	23-Jan-2010	PEPS
11	2:32.70		Sofian Azzi	Sherbrooke	12-Feb-2010	B U TrackCenter
12	2:32.92	1:57.55 (800m)	Mathieu Bilodeau	Sherbrooke	12-Feb-2010	B U TrackCenter
13	2:33.57		Tyler Levy	McGill	19-Feb-2010	Tomlinson Fieldhouse
14	2:35.32		Jean-Simon Fournier-Dufour	Laval	29-Jan-2010	Tomlinson Field House

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15	2:37.04		Iain Macdonald	McGill	19-Feb-2010	Tomlinson Fieldhouse
16	2:37.06		Nicolas Boucher	Laval	29-Jan-2010	Tomlinson Field House
17	2:37.22		Meki Cherkaoui	McGill	27-Feb-2010	Tomlinson Fieldhouse
18	2:39.97		Connor Bays	McGill	29-Jan-2010	Tomlinson Field House
19	2:41.26		Philippe Larochelle	Laval	12-Feb-2010	B U TrackCenter
20	2:41.92		Florian Bobeuf	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
21	2:46.95		Alexandre Genois	Laval	19-Dec-2009	Tomlinson Fieldhouse
22	2:48.06		Pierre Puyjalon	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
23	2:50.09		Ian Sandler	McGill	29-Jan-2010	Tomlinson Field House
24	2:55.09		Lucas Lafourcade	McGill	21-Nov-2009	Louis Riel Dome
25	2:58.68		Jean-Philippe Garant	McGill	27-Feb-2010	Tomlinson Fieldhouse
26	2:59.35		Jason Guenette	Laval	29-Jan-2010	Tomlinson Field House
27	2:59.95		Sebastien Mezeret	McGill	27-Feb-2010	Tomlinson Fieldhouse
28	3:00.15		Ryan Johnson	McGill	27-Feb-2010	Tomlinson Fieldhouse
29	3:05.32		Vincent Bisailon	Laval	21-Nov-2009	Louis Riel Dome

## **Best QSSF Men's 1500m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 3:52.56)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	3:52.45 *		James Poulin-Cadovius	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
2	3:53.55		Olivier-Gabriel Lavoie	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
3	3:54.72		Daniel Kramer	McGill	27-Feb-2010	Tomlinson Fieldhouse
4	3:59.19		Tommy Lecours	Laval	23-Jan-2010	PEPS
5	3:59.86		Pier-Olivier Laflamme	Laval	29-Jan-2010	Tomlinson Field House
6	4:02.02		Dominic Michaud	Laval	29-Jan-2010	Tomlinson Field House
7	4:03.37		Kenneth Douglas	McGill	29-Jan-2010	Tomlinson Field House
8	4:07.61		Jean-Simon Fournier-Dufour	Laval	29-Jan-2010	Tomlinson Field House
9	4:10.54		Graydon Snider	McGill	19-Feb-2010	Tomlinson Fieldhouse
10	4:17.22		Meki Cherkaoui	McGill	29-Jan-2010	Tomlinson Field House
11	4:18.36		Julien Biboud	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
12	4:19.48		Iain Macdonald	McGill	16-Jan-2010	Centre Sportif
13	4:21.04		Maxime Lapierre	Laval	29-Jan-2010	Tomlinson Field House
14	4:21.54		Anthony Larouche	Laval	29-Jan-2010	Tomlinson Field House
15	4:23.22		Philippe Larochelle	Laval	29-Jan-2010	Tomlinson Field House

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## **Best QSSF Men's 3000m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 8:20.47)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	8:41.17		James Poulin-Cadovius	Sherbrooke	19-Dec-2009	Tomlinson Fieldhouse
2	8:50.51		Graydon Snider	McGill	13-Feb-2010	Louis Riel Dome
3	8:53.07		Daniel Kramer	McGill	19-Feb-2010	Tomlinson Fieldhouse
4	8:58.94		Dominic Michaud	Laval	19-Dec-2009	Tomlinson Fieldhouse
5	9:08.52		Maxime Lapierre	Laval	12-Feb-2010	B U TrackCenter
6	9:10.20		Jean-Simon Fournier-Dufour	Laval	19-Dec-2009	Tomlinson Fieldhouse
7	9:16.67		Anthony Larouche	Laval	12-Feb-2010	B U TrackCenter
8	9:20.41		Julien Biboud	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
9	9:44.16		Philippe Larochelle	Laval	19-Dec-2009	Tomlinson Fieldhouse
10	9:50.71		Felix Camirand	Sherbrooke	16-Jan-2010	Centre Sportif

## **Best QSSF Men's 60mH Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 8.33)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	8.41	7.82 (55mH)	Pierre Puyjalon	Sherbrooke	12-Feb-2010	B U TrackCenter
2	8.47		Dong Liu	McGill	19-Dec-2009	Tomlinson Fieldhouse
3	8.68		Jason Guenette	Laval	19-Dec-2009	Tomlinson Fieldhouse
4	8.73		Lucas Lafourcade	McGill	21-Nov-2009	Louis Riel Dome
5	8.91		Florian Bobeuf	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
6	9.51		Chris Peng	McGill	27-Feb-2010	Tomlinson Fieldhouse
7	9.60		Sebastien Mezeret	McGill	29-Jan-2010	Tomlinson Field House
8	9.87		Alexandre Genois	Laval	21-Nov-2009	Louis Riel Dome
9	10.32		Maxime Beaumont-Courteau	McGill	19-Feb-2010	Tomlinson Fieldhouse
10	10.46		Vincent Bisailon	Laval	21-Nov-2009	Louis Riel Dome
11	11.23		Jean-Philippe Garant	McGill	27-Feb-2010	Tomlinson Fieldhouse
12	11.73		Joseph Ricci	McGill	19-Feb-2010	Tomlinson Fieldhouse
13	11.87		Ryan Johnson	McGill	27-Feb-2010	Tomlinson Fieldhouse
14	12.07		Antonin Forget-Besnard	Sherbrooke	29-Jan-2010	Tomlinson Field House

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## **Best QSSF Men's 4x200m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 1:28.57)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:30.65		McGill University	McGill	27-Feb-2010	Tomlinson Fieldhouse
2	1:31.95		Sherbrooke Vert Or	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
3	1:35.53		Rouge et Or Université Laval	Laval	29-Jan-2010	Tomlinson Field House

## **Best QSSF Men's 4x400m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 3:20.70)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	3:19.30 *		Sherbrooke Vert Or	Sherbrooke	12-Feb-2010	B U TrackCenter
2	3:24.51		Rouge et Or Université Laval	Laval	27-Feb-2010	Tomlinson Fieldhouse
3	3:26.13		McGill University	McGill	19-Feb-2010	Tomlinson Fieldhouse

## **Best QSSF Men's 4x800m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 7:42.91)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	7:41.46 *		Sherbrooke Vert Or	Sherbrooke	29-Jan-2010	Tomlinson Field House
2	7:42.40 *		Rouge et Or Université Laval	Laval	29-Jan-2010	Tomlinson Field House
3	7:51.51		McGill University	McGill	27-Feb-2010	Tomlinson Fieldhouse

## **Best QSSF Men's High Jump Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 2.00)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1.30		Ryan Johnson	McGill	27-Feb-2010	Tomlinson Fieldhouse
2	1.59		Vincent Bisailon	Laval	21-Nov-2009	Louis Riel Dome
3	1.60		Sebastien Mezeret	McGill	27-Feb-2010	Tomlinson Fieldhouse
4	1.62		Alexandre Genois	Laval	16-Jan-2010	Centre Sportif
5	1.70		Chris Peng	McGill	19-Dec-2009	Tomlinson Fieldhouse
6	1.71		Florian Bobeuf	Sherbrooke	16-Jan-2010	Centre Sportif
6	1.71		Jason Guenette	Laval	29-Jan-2010	Tomlinson Field House
6	1.71		Jean-Philippe Garant	McGill	27-Nov-2009	Louis Riel Dome
9	1.75		Jean-Philippe Bamba	Laval	23-Jan-2010	PEPS
10	1.80		Hank Palmer	McGill	27-Feb-2010	Tomlinson Fieldhouse
11	1.86		Lucas Lafourcade	McGill	21-Nov-2009	Louis Riel Dome
12	1.95		Pierre Puyjalou	Sherbrooke	03-Jan-2010	Centre Sportif Aubieres
13	2.02 *		Justin Darlington	McGill	27-Nov-2009	Louis Riel Dome

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## **Best QSSF Men's Pole Vault Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 4.64)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	2.80		Ryan Johnson	McGill	19-Dec-2009	Tomlinson Fieldhouse
2	2.95		Rahim Noormohamed	McGill	23-Jan-2010	PEPS
3	3.40		Jonathan Budning	McGill	05-Dec-2009	Tomlinson Fieldhouse
3	3.40		Lucas Lafourcade	McGill	19-Dec-2009	Tomlinson Fieldhouse
3	3.40		Joseph Ricci	McGill	19-Dec-2009	Tomlinson Fieldhouse
6	4.00		Maxime Beaumont-Courteau	McGill	05-Dec-2009	Tomlinson Fieldhouse

## **Best QSSF Men's Long Jump Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 7.10)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	3.93		Antonin Forget-Besnard	Sherbrooke	29-Jan-2010	Tomlinson Field House
2	4.55		Fabien Lamaze	Laval	29-Jan-2010	Tomlinson Field House
3	4.88		Vincent Bisailon	Laval	21-Nov-2009	Louis Riel Dome
4	4.95		Jean-Philippe Garant	McGill	29-Jan-2010	Tomlinson Field House
5	5.00		Boris Ouedraogo	Laval	29-Jan-2010	Tomlinson Field House
6	5.11		Sebastien Mezeret	McGill	27-Feb-2010	Tomlinson Fieldhouse
7	5.21		Ryan Johnson	McGill	27-Feb-2010	Tomlinson Fieldhouse
8	5.33		Laurence Ruelens-Lepoutre	Laval	23-Jan-2010	PEPS
8	5.33		Alexandre Genois	Laval	21-Nov-2009	Louis Riel Dome
10	5.48		Andrew Hamilton	McGill	13-Feb-2010	Louis Riel Dome
11	5.61		Tancrede Ropivia	Laval	29-Jan-2010	Tomlinson Field House
11	5.62		John Kelsey	McGill	05-Dec-2009	Tomlinson Fieldhouse
13	5.63		Pierre-Luc Labelle	Montreal	29-Jan-2010	Tomlinson Field House
14	5.87		Joseph Ariwi	McGill	05-Dec-2009	Tomlinson Fieldhouse
15	5.88		James Langevin	Laval	29-Jan-2010	Tomlinson Field House
16	5.90		Florian Bobeuf	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
17	5.91		Jason Guenette	Laval	23-Jan-2010	PEPS
18	6.17		Pierre Puyjalon	Sherbrooke	19-Feb-2010	Tomlinson Fieldhouse
19	6.19		Miguel Mangalindan	McGill	27-Nov-2009	Louis Riel Dome
19	6.21		Andrew Archibald	McGill	27-Nov-2009	Louis Riel Dome
21	6.41		Ndiaga Diop	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
22	6.57		Lucas Lafourcade	McGill	21-Nov-2009	Louis Riel Dome
23	6.62		Maxime Fredette	Sherbrooke	16-Jan-2010	Centre Sportif
24	6.83		Hank Palmer	McGill	05-Dec-2009	Tomlinson Fieldhouse

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## **Best QSSF Men's Triple Jump Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 14.40)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	9.68		Jonathan Budning	McGill	19-Feb-2010	Tomlinson Fieldhouse
2	10.54		Joseph Ricci	McGill	27-Feb-2010	Tomlinson Fieldhouse
3	10.83		Rahim Noormohamed	McGill	27-Feb-2010	Tomlinson Fieldhouse
4	11.24		Boris Ouedraogo	Laval	23-Jan-2010	PEPS
5	11.28		Ian Sandler	McGill	27-Feb-2010	Tomlinson Fieldhouse
6	11.55		Tancrede Ropivia	Laval	29-Jan-2010	Tomlinson Field House
7	12.32		Maxime Fredette	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
8	12.85		Jason Guenette	Laval	23-Jan-2010	PEPS
9	14.15		Ndiaga Diop	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
10	14.36		Justin Darlington	McGill	05-Dec-2009	Tomlinson Fieldhouse

## **Best QSSF Men's Shot Put Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 15.24)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	5.54		Jean-Philippe Garant	McGill	27-Feb-2010	Tomlinson Fieldhouse
2	6.67		Alexandre Genois	Laval	16-Jan-2010	Centre Sportif
3	6.95		Sebastien Mezeret	McGill	27-Feb-2010	Tomlinson Fieldhouse
4	7.83		Antonin Forget-Besnard	Sherbrooke	29-Jan-2010	Tomlinson Field House
5	8.00		Florian Bobeuf	Sherbrooke	16-Jan-2010	Centre Sportif
6	8.05		Charles Thibodeau	Laval	05-Dec-2009	Tomlinson Fieldhouse
7	8.26		Ayoub Rachati	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
8	8.64		Ryan Johnson	McGill	27-Feb-2010	Tomlinson Fieldhouse
9	9.03		Maxime Beaumont-Courteau	McGill	27-Feb-2010	Tomlinson Fieldhouse
10	9.04		Jason Guenette	Laval	23-Jan-2010	PEPS
11	9.23		Cameron McIntyre	McGill	05-Dec-2009	Tomlinson Fieldhouse
12	9.25		James MacNeil	McGill	19-Dec-2009	Tomlinson Fieldhouse
13	9.57		Mikaël Gosselin	Laval	05-Dec-2009	Tomlinson Fieldhouse
14	10.03		Thomas Corkery	McGill	29-Jan-2010	Tomlinson Field House
15	10.18		Pierre Puyjalon	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse
16	10.96		Vincent Bisailon	Laval	21-Nov-2009	Louis Riel Dome
17	11.04		Jean-Philippe Bamba	Laval	23-Jan-2010	PEPS
18	11.41		Mathieu- O Dumont	Sherbrooke	05-Dec-2009	Tomlinson Fieldhouse
19	11.43		Lucas Lafourcade	McGill	21-Nov-2009	Louis Riel Dome

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## Best QSSF Men's Weight Throw Result for All Athletes as of 14-Mar-2010 00:08:32 (Standard: 16.15)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	6.72		Lucas Lafourcade	McGill	19-Feb-2010	Tomlinson Fieldhouse
2	7.16		Maxime Beaumont-Courteau	McGill	19-Feb-2010	Tomlinson Fieldhouse
3	7.34		Ryan Johnson	McGill	19-Feb-2010	Tomlinson Fieldhouse
4	7.67		Charles Thibodeau	Laval	05-Dec-2009	Tomlinson Fieldhouse
5	8.82		Mikaël Gosselin	Laval	05-Dec-2009	Tomlinson Fieldhouse
6	9.07		Cameron McIntyre	McGill	27-Feb-2010	Tomlinson Fieldhouse
7	10.89		Vincent Bisailon	Laval	16-Jan-2010	Centre Sportif
8	11.48		Mathieu- O Dumont	Sherbrooke	05-Dec-2009	Tomlinson Fieldhouse

## Best QSSF Men's Pentathlon Result for All Athletes as of 14-Mar-2010 00:08:32 (Standard: 3498.00)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	769.00		Antonin Forget-Besnard	Sherbrooke	29-Jan-2010	Tomlinson Field House
2	1983.00		Ryan Johnson	McGill	27-Feb-2010	Tomlinson Fieldhouse
3	2157.00		Alexandre Genois	Laval	16-Jan-2010	Centre Sportif
4	2235.00		Jean-Philippe Garant	McGill	27-Feb-2010	Tomlinson Fieldhouse
5	2430.00		Vincent Bisailon	Laval	21-Nov-2009	Louis Riel Dome
6	2464.00		Sebastien Mezeret	McGill	27-Feb-2010	Tomlinson Fieldhouse
7	3048.00		Florian Bobeuf	Sherbrooke	16-Jan-2010	Centre Sportif
8	3053.00		Jason Guenette	Laval	16-Jan-2010	Centre Sportif
9	3483.00		Lucas Lafourcade	McGill	21-Nov-2009	Louis Riel Dome
10	3685.00 *		Pierre Pujalon	Sherbrooke	27-Feb-2010	Tomlinson Fieldhouse

## Best QSSF Men's 400m Result for All Athletes as of 14-Mar-2010 00:08:32 (Standard: 48.35)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	50.56		Pierre Pujalon	Sherbrooke	12-Feb-2010	B U TrackCenter
2	51.48		Benjamin Gravel	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
3	53.53		Florian Bobeuf	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
4	56.04		Charles Fournier	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
5	57.61		Jean-Francois Rouleau	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
6	58.23		Carl Dallaire	Sherbrooke	10-Jan-2010	Leverone Fieldhouse
7	58.43		Antonin Forget-Besnard	Sherbrooke	10-Jan-2010	Leverone Fieldhouse

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## **Best QSSF Men's 500m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 1:03.36)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:05.61		Moise N'Ken	Sherbrooke	12-Feb-2010	B U TrackCenter

## **Best QSSF Men's 800m Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 1:51.87)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	1:53.14		Mathieu Raymond	Laval	12-Feb-2010	B U TrackCenter
2	1:57.55		Mathieu Bilodeau	Sherbrooke	12-Feb-2010	B U TrackCenter

## **Best QSSF Men's Mile Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 4:10.95)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	4:39.56		Julien Biboud	Sherbrooke	12-Feb-2010	B U TrackCenter

## **Best QSSF Men's 55mH Result for All Athletes as of 14-Mar-2010 00:08:32** (Standard: 7.76)

Rank	Result	Alt Result	Athlete	Team	Date	Venue
1	7.82		Pierre Puyjalon	Sherbrooke	12-Feb-2010	B U TrackCenter