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

Best QSSF Men's 60m Rankings as of Mar-23-2010 17:00:51 (Standard: 6.79)

Rank	Result	Athlete	Team	Date	Venue
1	6.78 *	Hank Palmer	McGill	Jan-29-2010	Tomlinson Field House
2	7.08	Andrew Hamilton	McGill	Dec-05-2009	Tomlinson Fieldhouse
3	7.13	Jonathan Charest	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
4	7.22	Simon Léveillé	Sherbrooke	Jan-10-2010	Leverone Fieldhouse
5	7.24	Carl Dallaire	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
6	7.24	Clément Ouellette-Léveillé	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	7.25	Andrew Archibald	McGill	Dec-05-2009	Tomlinson Fieldhouse
8	7.26	David Sarfati	McGill	Nov-27-2009	Louis Riel Dome
9	7.27	Miguel Mangalindan	McGill	Nov-27-2009	Louis Riel Dome
10	7.27	Ayoub Rachati	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
11	7.28	Boris Ouedraogo	Laval	Jan-23-2010	PEPS
12	7.33	Eric Lavigne	Laval	Jan-29-2010	Tomlinson Field House
13	7.36	Thierry-Olivier Roy	Laval	Jan-29-2010	Tomlinson Field House
14	7.39	Joseph Ariwi	McGill	Feb-19-2010	Tomlinson Fieldhouse
15	7.39	Charles Fournier	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse

Best QSSF Men's 300m Rankings as of Mar-23-2010 17:00:51 (Standard: 34.53)

Rank	Result	Athlete	Team	Date	Venue
1	0:35.32	Ayoub Rachati	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
2	0:35.65	Jonathan Charest	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
3	0:36.49	Charles-olivier Laporte	Laval	Jan-29-2010	Tomlinson Field House
4	0:36.74	Eric Ellemo	McGill	Feb-19-2010	Tomlinson Fieldhouse
5	0:36.81	Mathieu Raymond	Laval	Dec-19-2009	Tomlinson Fieldhouse
6	0:36.95	Benjamin Gravel	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	0:37.12	Eric Lavigne	Laval	Jan-29-2010	Tomlinson Field House
8	0:37.26	Connor Bays	McGill	Dec-05-2009	Tomlinson Fieldhouse
9	0:37.27	David Sarfati	McGill	Jan-16-2010	Centre Sportif
10	0:37.42	Vincent Beaudoin-Hamel	Laval	Jan-29-2010	Tomlinson Field House
11	0:37.45 (37.02 400m)	Tyler Levy	McGill	Feb-13-2010	Louis Riel Dome
12	0:37.46	Florian Bobeuf	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
13	0:37.64	Charles Fournier	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
14	0:37.90	Carl Dallaire	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
15	0:38.07	Vincent Fréchet	Laval	Dec-19-2009	Tomlinson Fieldhouse

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Best QSSF Men's 600m Rankings as of Mar-23-2010 17:00:51 (Standard: 1:19.67)

Rank	Result	Athlete	Team	Date	Venue
1	1:19.84	Charles-olivier Laporte	Laval	Jan-29-2010	Tomlinson Field House
2	1:20.14	Benjamin Gravel	Sherbrooke	Feb-19-2010	Tomlinson Fieldhouse
3	1:20.41	Tommy Lecours	Laval	Feb-19-2010	Tomlinson Fieldhouse
4	1:20.55	Mathieu Raymond	Laval	Feb-27-2010	Tomlinson Fieldhouse
5	1:21.69	Tyler Levy	McGill	Feb-27-2010	Tomlinson Fieldhouse
6	1:22.71	Sofian Azzi	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	1:22.87	Connor Bays	McGill	Feb-27-2010	Tomlinson Fieldhouse
8	1:24.07	Ayoub Rachati	Sherbrooke	Jan-16-2010	Centre Sportif
9	1:24.11	Mathieu Bilodeau	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
10	1:24.52	Dominic Michaud	Laval	Jan-23-2010	PEPS
11	1:24.91 (1:23.96 400m)	Eric Ellemo	McGill	Feb-13-2010	Louis Riel Dome
12	1:25.76	Nicolas Boucher	Laval	Jan-29-2010	Tomlinson Field House
13	1:26.06	Ian Sandler	McGill	Jan-29-2010	Tomlinson Field House
14	1:27.70	Julien Barriere	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
15	1:29.23	Jean-Francois Rouleau	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse

Best QSSF Men's 1000m Rankings as of Mar-23-2010 17:00:51 (Standard: 2:26.58)

Rank	Result	Athlete	Team	Date	Venue
1	2:24.86 *	James Poulin-Cadovius	Sherbrooke	Feb-12-2010	B U TrackCenter
2	2:25.12 *	Tommy Lecours	Laval	Feb-12-2010	B U TrackCenter
3	2:26.80	Benjamin Gravel	Sherbrooke	Feb-12-2010	B U TrackCenter
4	2:26.96	Pier-Olivier Laflamme	Laval	Feb-12-2010	B U TrackCenter
5	2:26.97	Olivier-Gabriel Lavoie	Sherbrooke	Feb-12-2010	B U TrackCenter
6	2:27.52	Dominic Michaud	Laval	Jan-29-2010	Tomlinson Field House
7	2:29.01	Kenneth Douglas	McGill	Feb-12-2010	B U TrackCenter
8	2:29.58	Charles-olivier Laporte	Laval	Jan-16-2010	Centre Sportif
9	2:30.37	Daniel Kramer	McGill	Feb-05-2010	The Armory Track Field Center
10	2:31.18	Mathieu Raymond	Laval	Jan-23-2010	PEPS
11	2:32.70	Sofian Azzi	Sherbrooke	Feb-12-2010	B U TrackCenter
12	2:33.57	Tyler Levy	McGill	Feb-19-2010	Tomlinson Fieldhouse
13	2:35.32	Jean-Simon Fournier-Dufour	Laval	Jan-29-2010	Tomlinson Field House
14	2:36.97	Mathieu Bilodeau	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
15	2:37.04	Iain Macdonald	McGill	Feb-19-2010	Tomlinson Fieldhouse

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Best QSSF Men's 1500m Rankings as of Mar-23-2010 17:00:51 (Standard: 3:52.56)

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

Best QSSF Men's 3000m Rankings as of Mar-23-2010 17:00:51 (Standard: 8:20.47)

Rank	Result	Athlete	Team	Date	Venue
1	8:41.17	James Poulin-Cadovius	Sherbrooke	Dec-19-2009	Tomlinson Fieldhouse
2	8:53.07	Daniel Kramer	McGill	Feb-19-2010	Tomlinson Fieldhouse
3	8:55.60 (8:50.51 400m)	Graydon Snider	McGill	Feb-13-2010	Louis Riel Dome
4	8:58.94	Dominic Michaud	Laval	Dec-19-2009	Tomlinson Fieldhouse
5	9:08.52	Maxime Lapierre	Laval	Feb-12-2010	B U TrackCenter
6	9:10.20	Jean-Simon Fournier-Dufour	Laval	Dec-19-2009	Tomlinson Fieldhouse
7	9:16.67	Anthony Larouche	Laval	Feb-12-2010	B U TrackCenter
8	9:20.41	Julien Biboud	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
9	9:44.16	Philippe Larochelle	Laval	Dec-19-2009	Tomlinson Fieldhouse
10	9:50.71	Felix Camirand	Sherbrooke	Jan-16-2010	Centre Sportif

Best QSSF Men's 60mH Rankings as of Mar-23-2010 17:00:51 (Standard: 8.33)

Rank	Result	Athlete	Team	Date	Venue
1	8.43	Pierre Puyjalon	Sherbrooke	Mar-11-2010	St. Denis Athletic Centre
2	8.47	Dong Liu	McGill	Dec-19-2009	Tomlinson Fieldhouse
3	8.68	Jason Guenette	Laval	Dec-19-2009	Tomlinson Fieldhouse
4	8.73	Lucas Lafourcade	McGill	Nov-21-2009	Louis Riel Dome
5	8.91	Florian Bobeuf	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
6	9.51	Chris Peng	McGill	Feb-27-2010	Tomlinson Fieldhouse
7	9.60	Sebastien Mezeret	McGill	Jan-29-2010	Tomlinson Field House
8	9.87	Alexandre Genoie	Laval	Nov-21-2009	Louis Riel Dome
9	10.32	Maxime Beaumont-Courteau	McGill	Feb-19-2010	Tomlinson Fieldhouse
10	10.46	Vincent Bisailon	Laval	Nov-21-2009	Louis Riel Dome
11	11.23	Jean-Philippe Garant	McGill	Feb-27-2010	Tomlinson Fieldhouse
12	11.73	Joseph Ricci	McGill	Feb-19-2010	Tomlinson Fieldhouse
13	11.87	Ryan Johnson	McGill	Feb-27-2010	Tomlinson Fieldhouse

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14	12.07	Antonin Forget-Besnard	Sherbrooke	Jan-29-2010	Tomlinson Field House
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Best QSSF Men's 4x200m Relay Rankings as of Mar-23-2010 17:00:51 (Standard: 1:28.57)

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

Best QSSF Men's 4x400m Relay Rankings as of Mar-23-2010 17:00:51 (Standard: 3:20.70)

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

Best QSSF Men's 4x800m Relay Rankings as of Mar-23-2010 17:00:51 (Standard: 7:42.91)

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

Best QSSF Men's High Jump Rankings as of Mar-23-2010 17:00:51 (Standard: 2.00)

Rank	Result	Athlete	Team	Date	Venue
1	2.07 *	Justin Darlington	McGill	Feb-27-2010	Tomlinson Fieldhouse
2	2.02 *	Pierre Puyjalon	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
3	1.86	Lucas Lafourcade	McGill	Nov-21-2009	Louis Riel Dome
4	1.85	Jason Guenette	Laval	Dec-19-2009	Tomlinson Fieldhouse
5	1.85	Jean-Philippe Bamba	Laval	Jan-29-2010	Tomlinson Field House
6	1.82	Florian Bobeuf	Sherbrooke	Mar-11-2010	St. Denis Athletic Centre
7	1.80	Hank Palmer	McGill	Feb-27-2010	Tomlinson Fieldhouse
8	1.75	Jean-Philippe Garant	McGill	Dec-05-2009	Tomlinson Fieldhouse
9	1.71	Alexandre Genois	Laval	Nov-21-2009	Louis Riel Dome
10	1.70	Chris Peng	McGill	Dec-19-2009	Tomlinson Fieldhouse
11	1.60	Sebastien Mezeret	McGill	Feb-27-2010	Tomlinson Fieldhouse
12	1.59	Vincent Bisailon	Laval	Nov-21-2009	Louis Riel Dome
13	1.30	Ryan Johnson	McGill	Feb-27-2010	Tomlinson Fieldhouse

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Best QSSF Men's Pole Vault Rankings as of Mar-23-2010 17:00:51 (Standard: 4.64)

Rank	Result	Athlete	Team	Date	Venue
1	4.64 *	Maxime Beaumont-Courteau	McGill	Feb-19-2010	Tomlinson Fieldhouse
2	3.75	Joseph Ricci	McGill	Jan-16-2010	Centre Sportif
3	3.55	Lucas Lafourcade	McGill	Feb-27-2010	Tomlinson Fieldhouse
4	3.50	Jonathan Budning	McGill	Feb-06-2010	Centre Claude Robillard
5	3.30	Ryan Johnson	McGill	Feb-06-2010	Centre Claude Robillard
6	3.20	Rahim Noormohamed	McGill	Feb-06-2010	Centre Claude Robillard

Best QSSF Men's Long Jump Rankings as of Mar-23-2010 17:00:51 (Standard: 7.10)

Rank	Result	Athlete	Team	Date	Venue
1	6.98	Maxime Fredette	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
2	6.83	Hank Palmer	McGill	Dec-05-2009	Tomlinson Fieldhouse
3	6.80	Andrew Archibald	McGill	Feb-19-2010	Tomlinson Fieldhouse
4	6.58	Pierre Puyjalon	Sherbrooke	Mar-11-2010	St. Denis Athletic Centre
5	6.57	Lucas Lafourcade	McGill	Nov-21-2009	Louis Riel Dome
6	6.41	Ndiaga Diop	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	6.24	Jason Guenette	Laval	Dec-19-2009	Tomlinson Fieldhouse
8	6.21	Joseph Ariwi	McGill	Jan-29-2010	Tomlinson Field House
9	6.19	Miguel Mangalindan	McGill	Nov-27-2009	Louis Riel Dome
10	6.13	Florian Bobeuf	Sherbrooke	Jan-16-2010	Centre Sportif
11	6.06	Boris Ouedraogo	Laval	Jan-23-2010	PEPS
12	6.06	James Langevin	Laval	Jan-23-2010	PEPS
13	5.90	Tancrede Ropivia	Laval	Jan-23-2010	PEPS
14	5.82	Alexandre Genois	Laval	Jan-29-2010	Tomlinson Field House
15	5.63	Pierre-Luc Labelle	Montreal	Jan-29-2010	Tomlinson Field House

Best QSSF Men's Triple Jump Rankings as of Mar-23-2010 17:00:51 (Standard: 14.40)

Rank	Result	Athlete	Team	Date	Venue
1	14.87 *	Justin Darlington	McGill	Mar-11-2010	St. Denis Athletic Centre
2	14.15	Ndiaga Diop	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
3	12.85	Jason Guenette	Laval	Jan-23-2010	PEPS
4	12.32	Maxime Fredette	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
5	12.25	Tancrede Ropivia	Laval	Jan-23-2010	PEPS
6	11.73	Ian Sandler	McGill	Feb-19-2010	Tomlinson Fieldhouse
7	11.24	Boris Ouedraogo	Laval	Jan-23-2010	PEPS
8	10.97	Rahim Noormohamed	McGill	Feb-19-2010	Tomlinson Fieldhouse
9	10.58	Joseph Ricci	McGill	Feb-19-2010	Tomlinson Fieldhouse
10	9.68	Jonathan Budning	McGill	Feb-19-2010	Tomlinson Fieldhouse

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Best QSSF Men's Shot Put Rankings as of Mar-23-2010 17:00:51 (Standard: 15.24)

Rank	Result	Athlete	Team	Date	Venue
1	11.71	Mathieu- O Dumont	Sherbrooke	Jan-16-2010	Centre Sportif
2	11.56	Vincent Bisailon	Laval	Feb-27-2010	Tomlinson Fieldhouse
3	11.44	Lucas Lafourcade	McGill	Feb-27-2010	Tomlinson Fieldhouse
4	11.36	Jean-Philippe Bamba	Laval	Jan-29-2010	Tomlinson Field House
5	10.50	Mikaël Gosselin	Laval	Jan-23-2010	PEPS
6	10.49	Pierre Puyjalon	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
7	10.39	Cameron McIntyre	McGill	Jan-16-2010	Centre Sportif
8	10.37	Florian Bobeuf	Sherbrooke	Mar-11-2010	St. Denis Athletic Centre
9	10.03	Thomas Corkery	McGill	Jan-29-2010	Tomlinson Field House
10	9.86	James MacNeil	McGill	Feb-13-2010	Louis Riel Dome
11	9.57	Jason Guenette	Laval	Jan-16-2010	Centre Sportif
12	9.07	Alexandre Genois	Laval	Jan-29-2010	Tomlinson Field House
13	9.06	Maxime Beaumont-Courteau	McGill	Feb-19-2010	Tomlinson Fieldhouse
14	8.65	Charles Thibodeau	Laval	Jan-23-2010	PEPS
15	8.64	Ryan Johnson	McGill	Feb-27-2010	Tomlinson Fieldhouse

Best QSSF Men's 35lb Weight Throw Rankings as of Mar-23-2010 17:00:51 (Standard: 16.15)

Rank	Result	Athlete	Team	Date	Venue
1	13.69	Mathieu- O Dumont	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
2	12.01	Vincent Bisailon	Laval	Feb-13-2010	Louis Riel Dome
3	11.85	Mikaël Gosselin	Laval	Jan-29-2010	Tomlinson Field House
4	9.46	Cameron McIntyre	McGill	Feb-19-2010	Tomlinson Fieldhouse
5	9.14	Lucas Lafourcade	McGill	Feb-27-2010	Tomlinson Fieldhouse
6	8.32	Charles Thibodeau	Laval	Jan-23-2010	PEPS
7	7.34	Ryan Johnson	McGill	Feb-19-2010	Tomlinson Fieldhouse
8	7.16	Maxime Beaumont-Courteau	McGill	Feb-19-2010	Tomlinson Fieldhouse

Best QSSF Men's Pentathlon Rankings as of Mar-23-2010 17:00:51 (Standard: 3498)

Rank	Result	Athlete	Team	Date	Venue
1	3685.00 *	Pierre Puyjalon	Sherbrooke	Feb-27-2010	Tomlinson Fieldhouse
2	3483.00	Lucas Lafourcade	McGill	Nov-21-2009	Louis Riel Dome
3	3330.00	Florian Bobeuf	Sherbrooke	Mar-11-2010	St. Denis Athletic Centre
4	3068.00	Jason Guenette	Laval	Jan-29-2010	Tomlinson Field House
5	2822.00	Alexandre Genois	Laval	Jan-29-2010	Tomlinson Field House
6	2464.00	Sebastien Mezeret	McGill	Feb-27-2010	Tomlinson Fieldhouse
7	2430.00	Vincent Bisailon	Laval	Nov-21-2009	Louis Riel Dome
8	2235.00	Jean-Philippe Garant	McGill	Feb-27-2010	Tomlinson Fieldhouse
9	1983.00	Ryan Johnson	McGill	Feb-27-2010	Tomlinson Fieldhouse
10	769.00	Antonin Forget-Besnard	Sherbrooke	Jan-29-2010	Tomlinson Field House

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