



THE GOLD STANDARD  
LA RUÉE VERS L'OR



July 2008  
ISSUE #27



**Athletics Canada  
announces the 2008 Olympic (page 3)  
and Paralympic (page 8) Games Teams**



Above: Priscilla Lopes-Shliep battles her way to the finish line to secure her place on the 2008 Olympic Team

Left: Taylor Milne, Nathan Brennan and Kevin Sullivan finish 1-2-3 respectively. Taylor and Kevin will be competing in Beijing while Nathan received an extension to secure his Olympic spot.



## Inside this Edition

Athletics Canada nominates athletes for the 2008 Olympic Team	3	Interview with Jared Connaughton	11
2008 Athletics Canada Technical Congress	5	A Coach's Diary: Living the Dream in Beijing 2008	13
Run, Jump, Throw	6	Run with the Champions	14
The RBC Olympians Program	7	Employment Opportunities	15
Athletics Canada names 2008 Paralympic Games Team	8	Spikes and Clubs	16
2008 Legion Coaching Academy	10	Canadian Track and Field Championships	17

**2008 Canadian Championship Series**

Canadian Junior Track & Field Championships - July 25-27 - Abbotsford, BC

The Legion Canadian Youth Athletic Championship - August 4-12 - Sherbrooke, QC

Canadian 10km Championships - October 18 - Ottawa, ON

Canadian Cross-Country Championships - November 29 - Guelph, ON

## Timex Series Nova Scotia - Standings Update

# TIMEX®

The fourth in the seven race Timex Road Race Series took place Sunday July 6 in Pictou Nova Scotia.

Going into this race the points standing for the top 10 contenders to win a spot on Team RUN Nova Scotia at the Timex National Road Race Championship in Ottawa are:

### *NS Men's Timex Series 2008*

1. Terry Melloy, 80; 2. Fergus Tweedale, 80;. 3. Pierre Laberge, 67; 4. Curtis Archibald, 66;. 5. Rami Bardeesy, 59; 6. Stephen Morley, 54; 7. Ian Holdway, 47; 8. Tyler Reddy, 44; 9. John Moore, 38; 10. Robin Meister, 37.

### *NS Women's Timex Series 2008*

1. Tammy Hiscock, 88; 2. Ena MacPherson, 73; 3. Joanne Smith, 66; 4. Robyn Erickson, 63; 5. Heather Goodfellow, 62; 6. Linda Macdonald, 55; 7. Susan Macdonald, 52; 8. Sarah Edwards, 45; 9. Loreen Pawlowski, 43; 10. Gail MacDougall, 40.

Full field standings, series details, and qualifications can be found at [www.runnovascotia.ca](http://www.runnovascotia.ca) under results and stats.

## Athletics Canada nominates athletes for the 2008 Olympic Team

Athletics Canada announced the names of the athletes that will be forwarded to the Canadian Olympic Committee for nomination to the 2008 Olympic Games team. The announcement came July 7, 2008 in Windsor, Ontario at the RBC Breakfast of Champions.

The Canadian track and field team's objective in China is to replicate the result of 2 medals achieved at the 2007 World Championships. Last August in Osaka, Japan Perdita Felicien of Pickering, ON captured silver in the women's 100 metre hurdles and Gary Reed of Victoria, BC won silver in the men's 800 metres.

Les Gramantik, Head Coach, sees the team as being very competitive and able to compete with the world's best, "Based on its selection criteria, Athletics Canada has nominated the best group of athletes to represent the maple leaf at the Beijing Olympics. In six weeks these athletes will be asked to perform in the most competitive global sport under the world's spotlight." Gramantik adds, "I, along with the support staff, coaches and medical personnel, are excited to assist the athletes in their final phase preparation to achieve their individual goals, which will help us achieve our collective goals as a team."

### *Athletes Nominated for Track & Field for the Beijing 2008 Olympic Games*

<i>Name</i>	<i>Event</i>	<i>Hometown</i>	<i>Coach</i>
Ruky Abdulai	Long Jump	Coquitlam, BC	Brit Townsend
Richard Adu-Bobie	4x100m Relay	Ottawa, ON	Glenroy Gilbert
Dylan Armstrong	Shot Put	Kamloops, BC	Anatoliy Bondarchuk
Brian Barnett	200m, 4x100m Relay	Edmonton, AB	Quin Sekulich
Tim Berrett	50km Race Walk	Edmonton, AB	John Fitzgerald
Massimo Bertocchi	Decathlon	Toronto, ON	Andy Higgins
Pierre Browne	4x100m Relay	Toronto, ON	Kevin Tyler
Tabia Charles	Long Jump	Pickering, ON	Desai Williams
Tyler Christopher	400m	Edmonton, AB	Kevin Tyler
Jared Connaughton	200m, 4x100m Relay	New Haven, PEI	Monte Stratton
Nicole Forrester	High Jump	Aurora, ON	James Henry
Sultana Frizell	Hammer throw	Ottawa, ON	Anatoly Bondarchuk
Kelsie Hendry	Pole Vault	Saskatoon, SK	Rick & Susanne Petrucha
Anson Henry	100m, 4x100m Relay	Pickering, ON	Dan Pfaff
Priscilla Lopes-Schliep	100m Hurdles	Whitby, ON	Anthony McCleary
Michael Mason	High Jump	Nanose Bay, BC	Laurier Primeau
Megan Metcalfe	5000m	Edmonton, AB	Sean Cleary
Taylor Milne	1500m	Guelph, ON	Dave Scott-Thomas
Carline Muir	400m	Weston, ON	Kevin Tyler
Hank Palmer	4x100m Relay	Pierrefonds, QC	Daniel St. Hilaire
Emanuel Parris	4x100m Relay	Montréal, QC	Kevin Tyler
Adrienne Power	200m	Halifax, NS	Peter Lord
Gary Reed	800m	Victoria, BC	Wynn Gmitroski
Scott Russell	Javelin throw	Windsor, ON	Doug Reynolds
Jim Steacy	Hammer throw	Lethbridge, AB	Larry Steinke
Kevin Sullivan	1500m	Brampton, ON	Julie Henner
Achraf Tadili	800m	Laval, QC	Brent Fougner
Angela Whyte	100m Hurdles	Edmonton, AB	Wayne Phipps
Jessica Zelinka	Heptathlon	London, ON	Les Gramantik

## Athletics Canada nominates athletes for the 2008 Olympic Team

Six athletes were granted extensions to qualify for the Olympic team based on previous international accomplishments. All six must achieve the required selection criteria by July 22, 2008 to be confirmed to the team.

Nathan Brannen	1500m	Cambridge, ON	Ron Warhurst
Dana Ellis-Buller	Pole Vault	Kitchener, ON	Ty Sevin
Malindi Elmore	1500m	Calgary, AB	Mike Van Tighem
Perdita Felicien	100m Hurdles	Pickering, ON	Gary Winkler
Adam Kunkel	400m Hurdles	Paisley, ON	Kevin Tyler
Hilary Stellingwerff	1500m	Sarnia, ON	Dave Scott-Thomas

Track and field events begin August 15th at the Beijing National Stadium, known as the Bird's Nest, the stadium can accommodate 91,000 spectators.

The Canadian track and field team will hold a pre-Games training camp in Singapore beginning August 1. Athletes will fly from Singapore directly to Beijing four or five days before the start of their competition. The first wave of athletes will fly to China August 11 with the final wave heading over August 17.



**2008 Olympic Track and Field Team**

Missing from photo: Members of the men's 4x100m Relay Team who are in Europe training for Beijing

 Athletics Canada  
Athlétisme Canada  
Athletics Canada presents the

## 2008 Athletics Canada Technical Congress



November 21-23, 2008  
Hilton Toronto Airport  
Toronto, Ontario

Information regarding the congress will be available at [www.athletics.ca](http://www.athletics.ca)



# Run, Jump, Throw



As part of the lead up to the 2008 Canadian Track and Field Championships, Athletics Canada's Run Jump Throw program visited 7 Windsor/Essex grade schools over four days (June 2-5) as part of the Run Jump Throw – Windsor Blitz 2008.

Thanks to the RBC Olympians Program Windsor native and 2004 and 2008 Paralympian Jessica Matassa helped kick off the events at each school. Jessica led each session with a presentation about goal setting, achieving your objectives and her quest to qualify for the Beijing 2008 team. She then participated and helped to lead the children through the different activities along with Athletics Canada's Run Jump Throw Instructors.



Jessica Matassa

The event was a resounding success with students and teachers alike. The seven schools visited were Dr. H.D. Taylor Public School, Jack Minor Public School, LaSalle Public School, Margaret D. Bennie Public School, Northwood Public School, Prince Edward Public School and Queen Victoria Public School.

Run, Jump, Throw (RJT) is Athletics Canada's official grassroots program. It's a program targeted at 6 to 12 year olds that teaches fundamental motor skills through lessons that are focused on skill acquisition, sport education, and group participation. These motor skills serve as the base for track and field and are applicable to almost every other sport. The RJT program is also a useful tool in battling child inactivity and obesity, as well as encouraging healthy active living in a fun participatory environment. Most importantly, RJT is fun, exciting, and energetic.

Dylan Armstrong and Perdita Felicien



Preceding the start of the 2008 Canadian Championships a Run, Jump, Throw Demonstration sponsored by RBC took place the morning of Thursday July 3rd. Five athletes participated to teach children the fundamentals of their respective sports. Dylan Armstrong, Jason Dunkerley, RBC Olympian Perdita Felicien, RBC Olympian Jessica Matassa and Kevin Sullivan led the children in activities teaching the fundamentals of running, wheeling, jumping, guiding and throwing.



Kevin Sullivan

Jessica Matassa



Another Run, Jump, Throw Demonstration took place on Saturday June 14th at an RBC Branch Opening in Waterloo, ON. Many local children came out to take part in the activities teaching the fundamentals of running, jumping and throwing throughout an obstacle course.

For more information on the RJT program visit: [www.athletics.ca/page.asp?id=64](http://www.athletics.ca/page.asp?id=64)



**Alex Duckworth**  
Freestyle Snowboarding



**Jennifer Botterill**  
Ice Hockey



**Benoît Huot**  
Paralympic Swimming

# RBC is looking for Canadian Olympic and Paralympic athletes

## You could be a part of the team

Join the RBC® Olympians Program and get the financial support you need as an athlete as well as valuable career experience as an RBC employee.

We are looking for a dynamic team of current and retired Olympic and Paralympic athletes to act as community ambassadors. The RBC Olympians Program provides elite Canadian athletes with funding and work experience to help them succeed both in competition and life after sport.

[\*\*Click here to apply to the RBC Olympians Program.\*\*](#)

Send us your resume by July 18, 2008.

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



**Martine Albert**  
Biathlon

**Putting athletes first since 1947**

\* Registered trademarks of Royal Bank of Canada.  
© 2008 WABC/Canadian Press  
10510000



## Athletics Canada names 2008 Paralympic Games Team

Athletics Canada announced the names of the athletes who will compete at the 2008 Paralympics in Beijing, China. The Paralympic Games begin September 6 with the athletics schedule kicking off September 8 and concluding September 17.

Head Coach Bruce Pirnie sees great potential from the team. “Led by Chantal Petitclerc, arguably the world’s greatest wheelchair racer, the 2008 athletics Paralympic team is a strong blend of veteran athletes representing all disability groups. Twelve of the 26 athletes nominated by Athletics Canada have performances that rank them in the top 3 in the World for their event. Although we have fewer athletes than 4 years ago in Athens, we know that our core group remains very competitive.” Pirnie is confident the team’s experience will be a great asset, “The leadership of veterans such as Chantal Petitclerc, Diane Roy, Jason Dunkerley and many others with Paralympic Games experience creates an atmosphere of excellence that makes us a contender every time we’re on the track or in the field.”

Chantal Petitclerc of Montréal will be making it to her 5th Paralympic Games appearance looking to improve on her total of 16 medals. She is one of the world’s most decorated athletes holding two world records in the T54 wheelchair along with numerous Canadian records and titles.

The team will depend on a group of core veterans but it will also count some notable first-time Paralympians who should find themselves in the mix for a podium finish. Michelle Stilwell from Nanoose Bay, BC burst onto the scene in 2007 with four gold medals in the T52 category at the IWAS World Championships in Taiwan. She’s followed that up by setting two World records so far this season in the 100 and 200 metres.

### Athletics Canada’s 2008 Paralympic Games team

Name	Class	Event	Hometown	Coach
Jeff Adams	T54	400m, 800m, 1500m	Toronto, ON	Peter Eriksson
Dean Bergeron	T52	100m, 200m, 400m, 800m	St-Augustin-de-Desmautes, QC	Pierre Pomerleau
André Beaudoin	T52	100m, 200m, 400m, 800m	Montréal, QC	Marc Desjardins
Josh Cassidy	T54	800m, 1500m, 5000m	Oakville, ON	Amanda Fader
Jean-Paul Compaore	T54	400m, 800m	Sherbrooke, QC	Jean Laroche
Earle Connor	T42	100m	Calgary, AB	Les Gramantik
Greg Dailey		Guide Runner for Jason Dunkerley	Toronto, ON	
Ilana Duff	T53	100m, 200m, 400m	Saskatoon, SK	Rick Reelie
Jason Dunkerley	T11	1500m, 800m (T12)	Ottawa, ON	Ray Elrick
Jon Dunkerley	T11	100m, 200m, 400m	Ottawa, ON	Andrew Pagé
Tracey Ferguson	T54	200m, 1500m, 5000m	Holland Landing, ON	Peter Eriksson
Michel Filteau	T54	1500m, 5000m, Marathon	St-Jean Baptiste, QC	Marc Desjardins
Éric Gauthier	T53	100m, 200m, 400m, 800m	St-Faustin-Lac-Carre, QC	Marc Desjardins
Clayton Gerein	T52	Marathon	Pilot Butte, SK	Terry Mountjoy
Brent Lakatos	T53	100m, 200m, 400m	Dorval, QC	Peter Eriksson
Mark Ledo	T54	5000m, Marathon	Maple, ON	Peter Lawless
Jessica Matassa	T54	, 200m, 400m, 800m	Windsor, ON	David Greig
Colin Mathieson	T54	100m, 200m, 400m, 800m	Winnipeg, MB	Jean Laroche

## 2008 Paralympic Games Team (continued)

Megan Muscat	T37	100m, 200m	St. Thomas, ON	David Greig
Chantal Petitclerc	T54	100m, 200m, 400m, 800m, 1500m	Montréal, QC	Peter Eriksson
Kyle Pettey	F34	Shot Put, Discus	Brampton, ON	Ken Hall
Stefanie Reid	T44/ F44	100m, 200m, Long Jump	Windsor, ON	Brett Lumley
Leah Robinson	T37	100m, 200m	Mannheim, ON	Dave Greig
Diane Roy	T54	400m, 800m, 1500m, 5000m, Marathon	Hatley, QC	Jean Laroche
Michelle Stilwell	T52	100m, 200m	Nanose Bay, BC	Peter Lawless
Kris Vriend	F36	Shot Put, Discus	Edmonton, AB	Georgette Reid
Dustin Walsh	T11	200m, 400m	Coquitlam, BC	Don Steen
Steve Walters		Guide Runner for Dustin Walsh	New Westminster, BC	Don Steen
Sean Young		Guide Runner for Jon Dunkerley	Ottawa, ON	Andrew Pagé/ Ray Elrick

### Team Staff

Danny Daniels	Head of Delegation	Sydney, BC
Bruce Pirnie	Head Coach	Winnipeg, MB
Melissa Dowling	Manager	Ottawa, ON
Peter Eriksson	Wheelchair racing coach	Ottawa, ON
Amanda Fader	Wheelchair racing coach	Ottawa, ON
Dave Greig	Ambulatory coach	Windsor, ON
Jean Laroche	Wheelchair racing coach	Sherbrooke, QC
Georgette Reed	Seated and standing throws coach	Edmonton, AB
Jerome Camacho	Athletic Therapist	Toronto, ON
Marc Deschenes	Equipment technician	Montréal, QC
Yvonne Visser	Massage Therapist	Nanaimo, BC



Chantal Petitclerc



Diane Roy



Jason Dunkerley and  
Guide Greg Dailey

# 2008 LEGION COACHING ACADEMY

August 4-6, 2008  
University of Sherbrooke  
Sherbrooke, QC

The 2nd Annual Legion Coaching Academy is open to development level coaches across Canada. Its goal is to enhance the educational opportunities of our coaches and to provide additional program value for the team coaches who annually volunteer their time with the Legion program.

This year's program includes five different sessions, all of which will contribute to the coach's Professional Development portfolio.

Topics and Presenters for 2008 include;



**Strength and Conditioning**  
Ed McNeely

**Nutrition**  
Beth Mansfield

**Sport Psych**  
Melanie Gregg

**Drug Free Sport**  
Adrian Roberts

**Biomechanics**  
Steve LeBlanc and Francois Thenault



Registration for the Coaching Academy will be available online starting in Mid-April. Find the registration form and more information regarding the Academy at <http://www.athletics.ca/page.asp?id=295>. Deadline to register is July 11, 2008.

For additional information regarding the Academy, please contact Donna Kaye, Manager of Coaching Development, at [dkaye@athletics.ca](mailto:dkaye@athletics.ca) or (204) 471-4883.



## Interview with Jared Connaughton

---

**Athletics Canada - When and how did you first realize you wanted to be a track athlete?**

Jared Connaughton - Since I was a young child, I was always running around. In the sports I played my speed was my attribute. Becoming a sprinter wasn't necessarily a choice, it was more of a blessing. However, in the 11th grade I decided to drop all other sports and concentrate solely on track and field.

**AC - You recently set a personal best in both the 100 and 200 meters, have you been doing anything different in your training this season that you feel may be attributable to your strong results?**

JC - In September I joined forces with coach Monte Stratton and became the training partner of American sprinter Darvis "Doc" Patton. Coach Stratton and I developed a periodized, patient, logical training schedule conducive with speed and the ability to compete at the highest level, not just in one race but in meet situations which require round running. I've also undergone a total transition from weight room dabbler to fanatic. With the combination of a great on track routine coupled with the weight room, my improvements on the track have skyrocketed.

**AC - What does it mean to you to potentially be going to the 2008 Olympic Games?**

JC - In 2005 I won the 100m and 200m events at the Canada Summer games, since then I've believed that I could be an Olympian in 2008. Now the Canadian Olympic trials are right around the corner and I'm in the best shape of my life. The potential at becoming an Olympian grows and grows, but I have to remain focused on the day to day goals. So, God willing I'll be at the Olympics competing in three events (100m, 200m and 4x100m relay) come mid August.

**AC - What do you like to do when you have some down time away from training and the track?**

JC - I'm a movie buff, I love old school hip-hop music, I enjoy quality time with my girlfriend, I read, I watch track videos on YouTube.

**AC - What does your weekly training schedule look like? How does that vary from training for a major international event such as the Olympics vs. training in the off-season?**

JC - My routine is based on 2 days on, 1 day off, 2 days on, 2 days off. Essentially, the routine is based on attempting to simulate an international meet, where there are 2 rounds per day for 2 days in a row. I lift three days per week (M-W-F) and I'll taper off heavy lifting about 7 days out from a major meet. As the season progresses, my training is altered slightly, but continue this routine of 2on-1off-2on.

## Interview with Jared Connaughton (continued)

**AC - What is the best part about having a career in track and field?**

JC - Really my track and field career has only begun so I can't say that I've experienced all the perks and highlights that some of my companions have. But, I'd have to say so far, the major championships whilst representing your country have been the highlight of my young career thus far.

**AC - How do you balance your time between school, training and competition?**

JC - I graduated in the spring of 2008 so I do not have to deal with that balance anymore. When I was a full time student, as well as a full time collegiate athlete, I had to keep things balanced and know when to focus on one and not the other. It was difficult but it taught me patience and prioritization. Something not just athletes need but an element all people should try to develop.



**AC - How do you think your experience on the 2007 Worlds team will serve you in Beijing?**

JC - I can't lie, messing up the hand off between Anson Henry and myself in Osaka was devastating I admitted fully it was my fault and took the brunt of media criticism, and rightfully so. That experience taught me not to take the "little" things for granted. I see that incident as truly a blessing in disguise; now I'm a tougher, more driven individual on and off the track. I feel that life has an ebb and flow to it, sometimes you're on top of the world, the next minute it could be totally opposite. I still have difficulty watching that race, but if I were a betting man, I wouldn't bet against our squad in Beijing!



**AC - What would you consider to be the one ultimate goal you have for yourself, how long have you been motivated to work towards this goal?**

JC - My ultimate goal has been to make the Olympic final. I feel as though my chances to make at least one Olympic final this year are high. However, my driving force throughout the fall-season, pre-season and leading into the trials as been: becoming a Canadian champion, in which event I'm not certain yet but I believe it can happen.

## Interview with Jared Connaughton (continued)

---

**AC - Who has been the most influential person in your career, to help get you to where you are today?**

JC - Without a doubt, my father has influenced me more than anyone in my life, in all aspects. He's supported me from day one. I also have influence from Dave MacEachern, who introduced me to weight training and what it took to get to the next level in track and field. Colin MacAdam, who has always supported me on and off the track, my girlfriend Tamesha who's really served as a major support system here in Texas and now my Coach Monte Stratton who's launched me into the athlete I am today. I've really been blessed to have positive supportive people in my life.

**AC - What is the best advice you could give to other young athletes looking to one day represent Canada on an international level?**

JC - I would suggest to an athlete striving to become a National/International caliber athlete that patience in your life on an off the track is key to steady development. As the saying goes "You must crawl before you walk and walk before you run." That patience is really key in developing strength, technique, pacing etc.

Also, I'd tell them to never listen to critics or newspapers. Surrounding yourself with positive, trustworthy, honest people is always your best bet.

### FAST FACTS WITH JARED

**AC - Longest travel time to a race?**

JC - Flying to Singapore from Chicago

**AC - If you could meet anyone in the world who and why?**

JC - Nelson Mandela, it would be an honor.

**AC - Least favorite high school subject?**

JC - Math

**AC - Best country to visit?**

JC - Italy

**AC - Favorite car?**

JC - Bugatti

**AC - Favorite food?**

JC - Turkey Bacon

**AC - Favorite band/ music?**

JC - Radiohead, Wu-Tang

**AC - If I wasn't an athlete I would be...**

JC - A Teacher/Coach

## A Coach's Diary: Living the Dream in Beijing 2008

---

Carla Nicholls is one of the 2008 event coaches travelling with the team to Beijing. She is Athletics Canada Women in Coaching leader and currently head coach of the University of Regina Track and Field team. Carla is featured on the Coaching Association of Canada's (CAC's) website as she writes of her experience and what it means to be living her dream of participating in an Olympic Games. To see her story please visit: [www.coach.ca/eng/women/blog/index.cfm](http://www.coach.ca/eng/women/blog/index.cfm).



# OCTOBER 18 OCTOBRE

## RUN WITH THE CHAMPIONS



## COUREZ AVEC LES CHAMPIONS

NEW IN 2008 - 5 KM FUN RUN  
NOUVEAUTÉ EN 2008 - COURSE DE PLAISIR 5 KM



[WWW.TRANSCANADA10KM.CA](http://WWW.TRANSCANADA10KM.CA)



**Employment Opportunity**  
**Director/ Head Coach - Para-Athletics (DHC-P)**

---

*Revised June 17, 2008*

The Director/Head Coach – Para-Athletic Programs (DHC-P) is a full-time position encompassing responsibilities to direct, administer and coordinate the activities of the Para-Athletics Programs unit in accordance with the policies, goals and objectives set by the Association in alignment with the overall Athletics Canada Strategic Plan. The Director/Head Coach – Para-Athletic Programs (DHC-P) will report to the Chief High Performance Officer (CHPO) of Athletics Canada.

The position is located in the Athletics Canada Head office in Ottawa.  
Salary for this position will commensurate with experience.

**Applications with salary expectations should be sent in confidence by September 30, 2008 to:**

Athletics Canada  
Suite B1-110 2445 St-Laurent Blvd.  
Ottawa, Ontario, K1G 6C3  
Attention: Diane Gagné, Director of Finance, [dgagne@athletics.ca](mailto:dgagne@athletics.ca)

**Employment Opportunity**  
**National Event Group Coach**

---

Four positions: Sprint & Hurdles, Distance (middle & long distance), Throws, Jumps (& Combined Events)

The National Event Group Coach is a full-time position encompassing responsibilities to lead, coach, administer and coordinate the activities of the event group in accordance with the policies, goals and objectives set by the Association in alignment with the overall Athletics Canada integrated (Olympic & Paralympic programs) Strategic Plan. All four National Event Group Coaches will report to the Head Coach of Athletics Canada.

Please note that the Sprint & Hurdles position will be based at the University of Toronto. The other three positions' location is flexible.

Salary for these positions will commensurate with experience.

**Applications with salary expectations should be sent in confidence by September 15, 2008 to:**

Athletics Canada  
Suite B1-110 2445 St-Laurent Blvd.  
Ottawa, Ontario, K1G 6C3  
Attention: Diane Gagné, Director of Finance, [dgagne@athletics.ca](mailto:dgagne@athletics.ca)

*We thank all those who apply. Only those selected for further consideration will be contacted. Athletics Canada promotes Employment Equity. This position is financially supported by Sport Canada and the Road to Excellence.*

*For complete job descriptions please visit [www.athletics.ca/page.asp?id=13](http://www.athletics.ca/page.asp?id=13)*



## 2nd Spikes and Clubs Golf Tournament



Golf with Canada's best track and field athletes as we raise money for Youth Development Programs



To register to play in Spikes and Clubs 2008 visit -

[www.athletics.ca/main.asp?page\\_url=store/golf.asp](http://www.athletics.ca/main.asp?page_url=store/golf.asp)



**Monday October 6, 2008**  
**Ladies' Golf Club of Toronto**  
**Thornhill, Ontario**

# Canadian Track and Field Championships

## Full Results:

**Able-Bodied** - [www.canadiantrials.ca/Results.aspx](http://www.canadiantrials.ca/Results.aspx)

**Para-Athletics** - [www.canadiantrials.ca/Results2.aspx](http://www.canadiantrials.ca/Results2.aspx)



**Jessica Zelinka - Heptathlon**



**Josh Cassidy - T54 1500m**



**Massimo Bertocchi  
Decathlon**

To view more pictures please visit:  
[www.athletics.ca/photos.asp?photo\\_subcat=283](http://www.athletics.ca/photos.asp?photo_subcat=283)



**Jason Dunkerley  
T11 1500m**



### Press Conference

Bruce Pirnie  
Paralympic Head Coach

Les Gramantik  
Olympic Head Coach

Tyler Christopher  
400m



**Gary Reed**  
800m



**Tyler Christopher**  
400m

To submit a story or an idea for an upcoming issue please contact Mathieu Gentès,  
mgentes@athletics.ca

If you would like to register to receive THE GOLD STANDARD, please visit  
Athletics Canada's website or email mgentes@athletics.ca

*No Material published in The Gold Standard may be reproduced in any form or  
language without the written permission of Athletics Canada and, if granted,  
Athletics Canada must be acknowledged.*