



CANADA WEST RELEASE

Release #13: Monday, Nov. 16, 2009

Vote today on the www.canadawest.org weekly Web poll

Which team will win the 2009 Vanier Cup?

- a) Laval
- b) Calgary
- c) Saint Mary's
- d) Queen's
- e) too close to call

Previous Poll

Which school will win the 2009 CIS men's soccer championship?

- a) Victoria 29%
- b) McMaster 8%
- c) Laval 0% (winner – 2009 CIS champs)
- d) Cape Breton 8%
- e) Trinity Western 55%

Athletes of the Week

**CIS weekly award winner*

Football

Offence: Erik Glavic, Calgary

Erik Glavic lived up to his Canada West MVP billing Saturday, leading the No. 2 Calgary Dinos to their second straight Hardy Cup title with a nailbiting 39-38 victory over the Saskatchewan Huskies Saturday afternoon.

With honourable mention going to receiver Richard Snyder, who averaged 32 yards per catch to finish with 222 yards and two touchdowns on the day, Glavic earned was named MVP of the 73rd Hardy Cup after his performance. He completed 28 of 36 passes (77.8 per cent) for 479 yards and three touchdowns through the air, which was impressive enough. But he was also the Dinos leading rusher on the day, scampering for 106 yards and the game-winning four-yard touchdown with two minutes remaining in the fourth quarter.

Glavic and head coach Blake Nill return to face their former team, the Saint Mary's Huskies, in the Uteck Bowl Saturday, Nov. 21 at Huskies Stadium in Halifax, N.S. with a berth in the Vanier Cup at stake.

Defence: none

Special Teams: Grant Shaw, Saskatchewan

Despite losing 39-38 to the Calgary Dinos in the Canada West Final, Saskatchewan Huskies kicker Grant Shaw hit five field goals in the game.

The fourth-year Edmonton native hit field goals from 27, 37, 38, 40, 8 and 35 yards out. Shaw also had 241 yards on four kickoffs and 226 yards on five punts.

While not part of the special teams award, at defensive back he did also have 4.5 tackles.

Female/Male Winners

Female: Kristen Funk, Trinity Western (soccer)

Trinity Western goalkeeper Kristen Funk helped lead the Spartans to their second consecutive CIS championship by posting two shutout wins, while giving up only one goal in three matches, scoring two shootout goals and making two shootout saves.

The Calgary native, who was named the tournament's All-Star 'keeper, got her first shutout of the tournament in the opening 2-0 win over UPEI. She then followed it up with a 2-1 semifinal shootout win over Queen's, where she also made seven saves. She capped it off with a 1-0 shootout win over No. 1 Montreal in the gold medal match.

The Human Kinetics student was most impressive in the shootouts. She started both as the opening shooter for the Spartans and quickly put TWU up 1-0 in each shootout. But what set her apart was that in both matches she followed it up with spectacular saves to help seal the victory's for TWU who went on to win both shootouts by 5-3 and 4-2 margins to earn the CIS crown.

Male: Kelly Wiebe, Regina (cross country)

Third-year runner Kelly Wiebe powered the Regina men's cross country team to its first Canada West title on Saturday afternoon at the CIS championships in Kingston, Ont.

Wiebe, the first Canada West runner across the line and the third runner overall, finished the ten-kilometre Fort Henry Hill course with a time of 30:49. He was named a First Team All-Canadian, the Canada West Male Athlete of the Year and a conference First Team All-Star for his performance at the meet.

Wiebe, an engineering student, was running in his second career CIS meet. He knocked three minutes and 32 seconds off his time from the 2007 meet, when he finished in 52nd place while running as an individual.

Wiebe, Wyatt Baiton, Dale Wig, Iain Fyfe, and Eric Benjamin made up the U of R's Canada West championship-winning team on Saturday.

Canada West Standings

Please go to www.canadawest.org, click to enter a specific sport page (eg. Basketball – Men), then click the “Standings” tab down the right side of the page, in white type in the blue area. Updated Canada West standings will appear.

times are local; check websites for internet broadcast link

73rd Hardy Cup

Saturday, Nov. 14

Calgary 39 at Saskatchewan 38

Uteck Bowl (at Halifax, NS)

Saturday, Nov. 21

Calgary at Saint Mary's, 1:00 pm Atlantic (fan960 Live, TSN
2:00 MT tape delay)

Mitchell Bowl (at Kingston, Ont.)

Saturday, Nov. 21

Laval at Queen's, 1:00 pm Eastern Time (TSN)

Final Conference Playoff Leaders

Rushing			G	Att	Yds	Avg	TD	Long	Yds/G
1	Matt Walter	CGY	2	36	259	7.2	2	31	129.5
2	Tyler O'Gorman	SASK	1	24	162	6.8	0	19	162.0
3	Jeff Hassler	SASK	2	10	114	11.4	0	45	57.0
4	Erik Glavic	CGY	2	19	108	5.7	1	24	54.0

Passing/Efficiency			G	Att	Cmp	Int	Pct.	Yds	TD	Avg/G	Eff
1	Laurence Nixon	SASK	2	63	43	1	68.3	706	7	353.0	195.9
2	Erik Glavic	CGY	2	59	38	1	64.4	633	3	316.5	167.9
3	Marc Mueller	REG	1	52	32	3	61.5	470	2	470.0	138.6
4	Quade Armstrong	AB	1	20	13	1	65	134	1	134.0	127.8

Receptions			G	Rec	Yds	TD	Long	Avg/C	Rec/G
1	Richard Snyder	CGY	2	10	252	2	60	25.2	5.0
1	Braeden George	SASK	2	10	244	4	79	24.4	5.0
3	Anthony Parker	CGY	2	9	117	1	39	13	4.5
3	Scott McHenry	SASK	2	9	76	0	17	8.4	4.5
5	Jordan Sisco	REG	1	8	161	2	37	20.1	8.0
5	Cory Jones	SASK	2	8	138	3	67	17.2	4.0

Receiving Yards			G	Rec	Yds	TD	Long	Avg/C	Yds/G
1	Richard Snyder	CGY	2	10	252	2	60	25.2	126.0
2	Braeden George	SASK	2	10	244	4	79	24.4	122.0
3	Jordan Sisco	REG	1	8	161	2	37	20.1	161.0
3	Rory Kolhert	SASK	2	6	161	1	39	26.8	80.5
5	Cory Jones	SASK	2	8	138	3	67	17.2	69.0

Interceptions			G	Int	Yds	TD	Long	Int/G
1	Steve Truzak	CGY	2	3	36	0	26	1.5
2	Cody Halseth	SASK	1	2	13	0	12	2
3	Brady Aulie	REG	1	1	0	0	0	1

3	Grant Shaw	SASK	2	1	69	1	69	0.5
3	Jon Krahenbil	SASK	2	1	0	0	0	0.5

Punt Return Avg			G	Ret	Yds	TD	Long	Avg
1	Travis Gorski	SASK	2	4	57	0	36	14.2
2	Luke Thiel	SASK	2	4	55	0	27	13.8
3	David Court	AB	1	6	46	0	16	7.7

Kickoff Return Avg			G	Ret	Yds	TD	Long	Avg
1	Anthony Parker	CGY	2	6	258	2	108	43.0
2	Jess Valleau	AB	1	2	53	0	27	26.5
3	Chris King	REG	1	3	76	0	38	25.3

Punting			G	Punt	Yds	Long	Avg
1	Grant Shaw	SASK	2	9	375	56	41.7
2	Hugh O'Neill	AB	1	11	458	51	41.6
3	Perri Scarcelli	REG	1	8	332	55	41.5
4	Aaron Ifield	CGY	2	11	431	52	39.2

Scoring			G	TD	XPT	FG	2XP	Rg	Pts	Pts/G
1	Jordan Sisco	REG	1	3	0	0	2	0	20	20.0
2	Grant Shaw	SASK	2	1	9	6	0	2	35	17.5
3	Aaron Ifield	CGY	2	0	10	4	0	2	24	12.0
3	Braeden George	SASK	2	4	0	0	0	0	24	12.0
5	Cory Jones	SASK	2	3	0	0	0	0	18	9.0
5	Anthony Parker	CGY	2	3	0	0	0	0	18	9.0

Touchdowns			G	TD	Rush	Pass	Ret	PAT	Pts	Pts/G
1	Braeden George	SASK	2	4	0	4	0	0	24	12
2	Jordan Sisco	REG	1	3	1	2	0	1	20	20
2	Anthony Parker	CGY	2	3	0	1	2	0	18	9
2	Cory Jones	SASK	2	3	0	3	0	0	18	9

Field Goals			G	Made	Att	Pct.	FG/G
1	Grant Shaw	SASK	2	6	8	75	3
2	Aaron Ifield	CGY	2	4	5	80	2
3	Hugh O'Neill	AB	1	1	1	100	1

Basketball

Men

Prairie Division

	G	W	L	Pct.	F	A	GBL
Calgary	6	6	0	1.00	540	372	-
Alberta	6	4	2	.667	421	394	2.0
Saskatchewan	4	2	2	.500	327	331	3.0
Manitoba	5	2	3	.400	386	434	3.5
Lethbridge	6	2	4	.333	429	434	4.0
Regina	4	1	3	.250	285	319	4.0
Brandon	6	1	5	.167	465	505	5.0
Winnipeg	5	0	5	.000	314	427	5.5

Note: top four East teams qualify for playoffs

Pacific Division

Simon Fraser	3	3	0	1.00	238	214	-
UBC	3	3	0	1.00	236	195	-
UFV	4	3	1	.750	302	297	0.5
Victoria	3	2	1	.667	231	198	1.0
Trinity Western	3	2	1	.667	208	208	1.0
Thompson Rivers	4	0	4	.000	283	337	3.5

GB denotes "Games Behind Leader"

Note: top three West teams qualify for playoffs
 one wild card team selected between 5th Prairie/4th Pacific
 CWUAA finalists qualify for CIS championship
 Division winners, plus one Wild Card, make CW
 Final Four; top two playoff teams qualify for Nationals

Week 3

Friday, Nov. 13

Thompson Rivers 75 at Lethbridge 84
 UFV 62 at #3 Calgary 80
 Alberta 66 at Victoria 74
 #7 Saskatchewan 83 at #2 UBC 90
 Trinity Western 83 at Brandon 63
 Simon Fraser 91 at Regina 76

Saturday, Nov. 14

#7 Saskatchewan 54 at Victoria 82
 Alberta 68 at #2 UBC 75
 Trinity Western 81 at Regina 74
 Winnipeg 79 at Manitoba 92
 Thompson Rivers 68 at #3 Calgary 95
 Simon Fraser 69 at Brandon 63
 UFV 82 at Lethbridge 77

Week 4

Thursday, Nov. 19

#2 UBC at Thompson Rivers, 8:00 pm (LiveStats, webcast)

Friday, Nov. 20

Simon Fraser at UFV, 8:00 pm
 Brandon at Winnipeg, 8:00 pm (LiveStats, webcast)
 Regina at Alberta, 8:00 pm (webcast)
 Manitoba at Lethbridge, 8:00 pm
 UBC at Thompson Rivers, 8:00 pm (LiveStats, webcast)
 Victoria at Trinity Western, 8:00 pm (LiveStats, Live Video)
 #3 Calgary at #7 Saskatchewan, 8:00 pm (LiveStats, webcast)

Saturday, Nov. 21

Victoria at Trinity Western, 7:00 pm (LiveStats, Live Video)
 Simon Fraser at UFV, 7:00 pm
 Manitoba at Lethbridge, 8:00 pm
 Regina at Alberta, 8:00 pm (webcast)
 #3 Calgary at #7 Saskatchewan, 8:00 pm (LiveStats, webcast)
 Brandon at Winnipeg, 8:00 pm (LiveStats, webcast)

Individual leaders through Week 3

Scoring		G	FG	3FG	FT	Pts	Avg/G
1.	Showron Glover-SASK	4	36	10	21	103	25.8
2.	Dany Charlery-BRAN	6	49	6	22	126	21.0
3.	Cyril Indome-UVIC	3	20	12	9	61	20.3
4.	Jeff Price-LETH	6	32	14	41	119	19.8
5.	Kevin Shaw-SFU	3	20	15	2	57	19.0
6.	Josh Whyte-UBC	3	22	2	10	56	18.7
7.	Nathan Dixon-MAN	4	25	14	9	73	18.3
8.	Zeon Gray-UFV	4	23	11	12	69	17.3
9.	Ross Bekkering-CGY	6	31	3	36	101	16.8
10.	Robbie Sihota-CGY	6	39	9	11	98	16.3

Rebounding		G	Off	Def	Tot	Avg/G
1.	Ross Bekkering-CGY	6	23	42	65	10.8
2.	Troy Gottselig-SASK	4	13	27	40	10.0
2.	Greg Stewart-TRU	4	9	31	40	10.0
4.	Kris Heshka-REG	4	13	26	39	9.8
5.	Tyrell Mara-TWU	3	11	16	27	9.0

Field Goal Pct. (min. 3/gm)		G	Made	Att.	Pct.
1.	Lance Verhoeff-TWU	3	15	22	.682
2.	Cyril Indome-UVIC	3	20	34	.588
3.	Nathan Yu-UBC	3	15	26	.577
4.	Kevin Shaw-SFU	3	20	35	.571
5.	Gregory Gillies-SFU	3	9	16	.563

Assists		G	No.	Avg/G
1.	Sean Burke-SFU	3	20	6.67
2.	Nathan Dixon-MAN	4	24	6.00

3.	Jeff Price-LETH	6	33	5.50
3.	Kurtis Sansregret-MAN	4	22	5.50
5.	Jamie McLeod-CGY	6	32	5.33

	Free Throw Pct. (min. 2/gm)	G	Made	Att.	Pct.
1.	Kyle Grewal-UFV	4	11	12	.917
2.	Jeff Price-LETH	6	41	46	.891
3.	Paul Schubach-REG	4	8	9	.889
4.	Nick Adair-UVIC	3	7	8	.875
5.	Jeff Cullen-UVIC	3	6	7	.857

	3-Pt FG Made	G	No.	Avg/G
1.	Kevin Shaw-SFU	3	15	5.00
2.	Cyril Indome-UVIC	3	12	4.00
3.	Sam Freeman-UFV	4	14	3.50
3.	Nathan Dixon-MAN	4	14	3.50
5.	Sean Garvey-TRU	4	12	3.00
5.	Louis Hurd-TWU	3	9	3.00

	Assist-Turnover Ratio	G	Asst	Avg	Turn	Avg	Ratio
1.	Zac Andrus-UVIC	3	12	4.0	2	0.7	6.00
2.	Alex Murphy-UBC	3	11	3.7	3	1.0	3.67
3.	J. Ogungbemi-Jackson-CGY	6	27	4.5	11	1.8	2.45
4.	Sean Burke-SFU	3	20	6.7	10	3.3	2.00
5.	Jeff Price-LETH	6	33	5.5	17	2.8	1.94

Women

Prairie

	G	W	L	Pct.	F	A	GBL
Alberta	6	5	1	.833	439	354	-
Calgary	6	5	1	.833	527	476	-
Regina	4	3	1	.750	278	250	1.0
Manitoba	5	3	2	.600	366	356	1.5
Saskatchewan	4	2	2	.500	263	233	2.0
Winnipeg	5	2	3	.400	323	368	2.5
Lethbridge	6	2	4	.333	416	456	3.0
Brandon	6	0	6	.000	326	462	5.0

Note: top four Prairie teams qualify for playoffs

Pacific

Simon Fraser	5	5	0	1.00	414	251	-
UBC	4	2	2	.500	254	241	2.5
Thompson Rivers	4	2	2	.500	321	322	2.5
Victoria	3	1	2	.333	172	188	3.0
Trinity Western	4	1	3	.250	201	284	3.5
UFV	4	0	4	.000	256	315	4.5

Note: top three Pacific teams qualify for playoffs
 one wild card team selected between 5th Prairie/4th Pacific
 top three CW finishers qualify for CIS championship
 CW top three teams advance to CIS Nationals

Week 3

Friday, Nov. 13

#10 Alberta 75 at #5 Victoria 65
 Thompson Rivers 75 at Lethbridge 81
 UFV 72 at Calgary 78
 Trinity Western 73 at Brandon 45
 #2 Saskatchewan 65 at UBC 68 (OT)
 #1 Simon Fraser 85 at #4 Regina 61

Saturday, Nov. 14

#2 Saskatchewan 52 at #5 Victoria 58
 Thompson Rivers 84 at Calgary 115
 #10 Alberta 57 at UBC 53
 Winnipeg 57 at Manitoba 67
 UFV 58 at Lethbridge 75
 #1 Simon Fraser 102 at Brandon 43
 Trinity Western 37 at #4 Regina 66

Week 4

Thursday, Nov. 19

UBC at Thompson Rivers, 6:00 pm (LiveStats, webcast)

Friday, Nov. 20

UBC at Thompson Rivers, 6:00 pm (LiveStats, webcast)

#4 Regina at #10 Alberta, 6:00 pm (webcast)

Manitoba at Lethbridge, 6:00 pm

Calgary at #2 Saskatchewan, 6:00 pm (LiveStats, webcast)

Brandon at Winnipeg, 6:00 pm (LiveStats, webcast)

#1 Simon Fraser at UFV, 6:00 pm

#5 Victoria at Trinity Western, 8:00 pm (LiveStats, Live Video)

Sunday, Nov. 21

#5 Victoria at Trinity Western, 5:00 pm (LiveStats, Live Video)

#1 Simon Fraser at UFV, 5:00 pm

Manitoba at Lethbridge, 6:00 pm

Calgary at #2 Saskatchewan, 6:00 pm (LiveStats, webcast)

Brandon at Winnipeg, 6:00 pm (LiveStats, webcast)

#4 Regina at #10 Alberta, 6:00 pm (webcast)

Individual leaders through Week 3

	Scoring	G	FG	3FG	FT	Pts	Avg/G
1.	Jane Meadwell-UFV	4	25	6	31	87	21.8
2.	Ashley Hill-CGY	6	37	18	31	123	20.5
3.	Jen Ju-TRU	4	27	10	8	72	18.0
3.	Brittany Read-REG	4	27	0	18	72	18.0
5.	Caitlin Gooch-WPG	4	20	9	22	71	17.8
5.	Lindsay DeGroot-SASK	4	28	5	10	71	17.8
7.	Stephanie Price-LETH	6	36	5	20	97	16.2
8.	Marisa Haylett-AB	6	27	6	33	93	15.5
9.	Kayla Klassen-MAN	5	25	15	10	75	15.0
10.	Alex Cole-CGY	6	31	0	26	88	14.7

	Rebounding	G	Off	Def	Tot	Avg/G
1.	Brittany Read-REG	4	24	16	40	10.0
2.	Nicisha Johnson-BRAN	6	26	31	57	9.5
3.	Amy Ogidan-WPG	5	14	30	44	8.8
4.	Lauren Doubroff-TWU	4	15	17	32	8.0
4.	Kayla Dykstra-UVIC	3	7	17	24	8.0

	Field Goal Pct. (min. 3/gm)	G	Made	Att.	Pct.
1.	Nayo Raincock-Ekunwe-SFU	5	25	30	.833
2.	Alex MacIver-WPG	5	20	28	.714
3.	Brittany Read-REG	4	27	41	.659
4.	Anneka Bakker-AB	6	19	34	.559
5.	Matteke Hutzler-SFU	5	15	27	.556

	Assists	G	No.	Avg/G
1.	Michele Hynes-MAN	5	35	7.00
2.	Megan Schaufele-CGY	6	32	5.33
3.	Megan Lang-CGY	6	31	5.17
3.	Stephanie Price-LETH	6	31	5.17
5.	Candace Morisset-UBC	4	19	4.75

	Free Throw Pct. (min. 2/gm)	G	Made	Att.	Pct.
1.	Tracy Kocs-TRU	4	10	10	1.000
2.	Nicole Clarke-AB	6	29	31	.935
3.	Sam Hornquist-LETH	6	13	14	.929
4.	Debbie Yeboah-UVIC	3	15	17	.882
5.	Stephanie Price-LETH	6	20	23	.870

	3-Pt FG Made	G	No.	Avg/G
1.	Ashley Hill-CGY	6	18	3.00
1.	Kayla Klassen-MAN	5	15	3.00
3.	Jen Ju-TRU	4	10	2.50
4.	Michele Hynes-MAN	5	12	2.40
5.	Carmen Laphorne-UVIC	3	7	2.33
5.	Emily Knauff-TWU	3	7	2.33

	Assist-Turnover Ratio	G	Asst	Avg	Turn	Avg	Ratio
1.	Megan Schaufele-CGY	6	32	5.3	17	2.8	1.88
2.	Michele Hynes-MAN	5	35	7.0	23	4.6	1.52
3.	Megan Lang-CGY	6	31	5.2	21	3.5	1.48
4.	Stephanie Price-LETH	6	31	5.2	22	3.7	1.41
5.	Kristina Collins-SFU	5	18	3.6	13	2.6	1.38

Ice Hockey

Men

	G	W	L	Ol	F	A	+/-	Pt
Alberta	12	10	1	1	66	29	+37	21
Manitoba	12	8	3	1	38	28	+10	17
Calgary	10	6	2	2	30	34	-4	14
Saskatchewan	12	6	5	1	50	32	+18	13
Regina	12	4	8	0	24	43	-19	8
UBC	10	3	6	1	25	44	-19	7
Lethbridge	12	3	8	1	31	54	-23	7

times are local

(All games available live via LeagueStat scoring system)

Week 7

Friday, Nov. 13

#2 Alberta 8 at Lethbridge 5

UBC 1 at Saskatchewan 7

#6 Manitoba 3 at Regina 2

Saturday, Nov. 14

#2 Alberta 2 at Lethbridge 0

UBC 1 at Saskatchewan 5

#6 Manitoba 4 at Regina 1

Week 8

Friday, Nov. 20

Saskatchewan at #6 Manitoba, 7:00 pm (umfm 101.5)

Calgary at #2 Alberta, 7:30 pm (webcast)

Lethbridge at UBC, 7:30 pm (citr, citr.ca)

Saturday, Nov. 21

Saskatchewan at #6 Manitoba, 7:00 pm

Calgary at #2 Alberta, 7:30 pm (webcast)

Lethbridge at UBC, 7:30 pm

Individual leaders through Week 7

	Points		GP	G	A	Pts
1	Chad Klassen	AB	12	9	12	21
2	Steven DaSilva	Sask	12	8	9	17
2	Sean Ringrose	AB	12	4	13	17
4	Eric Hunter	AB	12	8	8	16
4	Reade Wolansky	AB	12	4	12	16
6	Andrew Courtney	Leth	12	11	4	15
6	Jesse Gimblett	AB	12	8	7	15
6	Kyle Bortis	Sask	12	4	11	15
9	Ian McDonald	AB	12	7	7	14
9	Derek Ryan	AB	12	5	9	14

	Goals		GP	G
1	Andrew Courtney	Leth	12	11
2	Chad Klassen	AB	12	9
3	Steven DaSilva	Sask	12	8
3	Jesse Gimblett	AB	12	8
3	Eric Hunter	AB	12	8

	Assists		GP	A
1	Sean Ringrose	AB	12	13
2	Chad Klassen	AB	12	12
2	Reade Wolansky	AB	12	12
4	Kyle Bortis	Sask	12	11
4	Brian Woolger	AB	12	11

Goaltending		GP	Mins	GA	SO	Avg.	Sv%	W	L
1	Travis Yonkman AB	6	360	10	1	1.67	.941	6	0
3	Steve Christie Man	11	663	24	1	2.17	.925	6	3
2	Adam Ward Reg	4	239	9	1	2.26	.925	2	2
4	Jeff Harvey Sask	8	439	18	1	2.46	.919	3	3
5	David Reekie Sask	7	283	12	0	2.55	.912	3	2

Women

	G	W	L	OI	F	A	+/-	Pt
Alberta	12	12	0	0	54	10	+44	24
Saskatchewan	10	6	2	2	35	20	+15	14
Manitoba	8	6	2	0	23	18	+5	12
UBC	10	3	6	1	20	32	-12	7
Lethbridge	8	3	5	0	10	23	-13	6
Regina	8	1	4	3	9	28	-19	5
Calgary	8	1	7	0	12	32	-20	2

times are local

(All games available live via LeagueStat scoring system)

Week 6

Friday, Nov. 13

Lethbridge 1 at #2 Alberta 4
#8 Saskatchewan 2 at UBC 3 (SO)

Saturday, Nov. 14

#4 Manitoba 3 at Regina 2 (SO)
Lethbridge 0 at #2 Alberta 3
#8 Saskatchewan 3 at UBC 4

Sunday, Nov. 15

#4 Manitoba 2 at Regina 1 (SO)

Week 7

Friday, Nov. 20

Calgary at Regina, 7:00 pm
#4 Manitoba at Lethbridge, 7:00 pm

Saturday, Nov. 21

Calgary at Regina, 7:00 pm
#4 Manitoba at Lethbridge, 7:00 pm

Individual leaders through Week 6

	Points		GP	G	A	PTS
1	Tarin Podloski AB	12	11	11	22	
2	Leah Copeland AB	12	6	12	18	
3	Breanne George Sask	10	8	8	16	
4	Julie Paetsch Sask	10	5	9	14	
5	Alana Cabana AB	10	7	6	13	
5	Stephanie Ramsay AB	11	5	8	13	
7	Chelsea Purcell Sask	10	7	4	11	
8	Tamara Pickford UBC	10	4	6	10	
8	Nicole Pratt AB	12	1	9	10	
10	Danny Stone Sask	10	4	5	9	

	Goals		GP	G
1	Tarin Podloski AB	12	11	
2	Breanne George Sask	10	8	
3	Alana Cabana AB	10	7	
3	Chelsea Purcell Sask	10	7	
5	Katie Borbely AB	10	6	
5	Leah Copeland AB	12	6	

	Assists		GP	A
1	Leah Copeland AB	12	12	
2	Tarin Podloski AB	12	11	
3	Julie Paetsch Sask	10	9	
3	Nicole Pratt AB	12	9	
5	Breanne George Sask	10	8	

Goaltending		GP	Mins	GA	SO	Avg.	Sv%	W	L	
1	Dana Vinge	AB	11	665	10	4	0.90	.945	11	0
2	Vanessa Frederick	Sask	9	526	16	1	1.82	.925	5	2
3	Stacey Corfield	Man	7	429	17	0	2.38	.900	5	2
4	Kailey McMaster	Leth	6	358	17	0	2.85	.903	2	4
5	Lisa Urban	Reg	8	475	24	1	3.03	.918	1	5

Volleyball

Men

	MP	MW	ML	SW	SL	MBL
Calgary	6	5	1	16	6	-
Trinity Western	4	4	0	12	5	0.5
Alberta	6	4	2	14	8	1.0
Saskatchewan	6	4	2	16	6	1.0
Manitoba	7	4	3	15	11	1.5
Brandon	6	3	3	11	15	2.0
Winnipeg	5	2	3	10	12	2.5
Thompson Rivers	6	2	4	8	12	3.0
UBC	6	1	5	7	17	4.0
Regina	6	0	6	1	18	5.0

MBL denotes "Matches Behind Leader"

Note: top seven teams qualify for playoffs; host TRU and top three playoff finishers qualify for CIS Nationals

Week 4

Friday, Nov. 13

#2 Calgary 3 at Thompson Rivers 0
 #10 UBC 0 at Saskatchewan 3
 #9 Brandon 0 at #8 Trinity Western 3
 #6 Manitoba 3 at #7 Winnipeg 1

Saturday, Nov. 14

#2 Calgary 3 at Thompson Rivers 2
 #9 Brandon 2 at #8 Trinity Western 3
 #10 UBC 0 at Saskatchewan 3

Week 5

Friday, Nov. 20

#8 Trinity Western at #6 Manitoba, 7:30 pm (webcast)
 #7 Winnipeg at #9 Brandon, 8:00 pm (webcast)
 Thompson Rivers at #10 UBC, 8:00 pm (citr.ca)
 #3 Alberta at Regina, 8:00 pm

Saturday, Nov. 21

#3 Alberta at Regina, 6:00 pm
 #8 Trinity Western at #6 Manitoba, 7:30 pm (webcast)
 #7 Winnipeg at #9 Brandon, 8:00 pm (webcast)
 Thompson Rivers at #10 UBC, 8:00 pm (citr.ca)

Individual leaders through Week 4

NOTE: statistics from Nov. 14 Brandon at TWU match unavailable

Hitting Pct. (min. 3/set)		G	Kills	Err	Tot	Pct.
1.	Geoffrey Zerr	SASK	21	46	8	.528
2.	Rudy Verhoeff	TWU	12	32	4	.483
3.	Justin Duff	WPG	22	78	14	.467
4.	Josh Doornenbal	TWU	12	24	4	.435
5.	Steve Goertzen	MAN	25	56	13	.391
6.	Maurice Williams	WPG	22	41	9	.372
7.	Graham Vigrass	CGY	14	53	14	.325
8.	David Egan	CGY	22	38	13	.325
9.	Thomas Jarmoc	AB	22	83	29	.320
10.	Joe Cordonier	UBC	24	34	11	.303

Kills (min. 2/set)		G	No.	Per Game	
1.	Gord Perrin	TRU	20	103	5.15
2.	Kevin Tillie	TRU	20	88	4.40

3.	Paul Sanderson	BRAN	21	83	3.95
4.	Graham Vigrass	CGY	14	53	3.79
5.	Thomas Jarmoc	AB	22	83	3.77
6.	Dane Pischke	MAN	26	93	3.58
7.	Justin Duff	WPG	22	78	3.55
8.	Steven Marshall	TWU	12	42	3.50
9.	Demijan Savija	UBC	23	78	3.39
10.	Spencer Leiske	AB	22	72	3.27

Assists (min. 5/set)			G	No.	Per Game
1.	Dan Lothar	WPG	22	257	11.68
2.	Colin Carson	TRU	20	227	11.35
3.	Ben Ball	TWU	12	134	11.17
4.	Cole Hintz	SASK	22	223	10.14
5.	Mike DeRocco	AB	17	169	9.94

Blocks (min. 0.75/set)			G	Solo	Asst	Total	Per Game
1.	Josh Doornenbal	TWU	12	1	15	16.0	1.33
2.	Simon Lidster	AB	11	0	14	14.0	1.27
3.	Steve Goertzen	MAN	25	5	25	30.0	1.20
4.	Oleg Podporin	CGY	22	4	22	26.0	1.18
5.	Rudy Verhoeff	TWU	12	0	14	14.0	1.17

Points			G	K	SA	BS	BA	Pts	Avg/G
1.	Gord Perrin	TRU	20	103	5	4	7	115.5	5.78
2.	Kevin Tillie	TRU	20	88	10	1	8	103.0	5.15
3.	Paul Sanderson	BRAN	21	83	6	3	6	95.0	4.52
4.	Justin Duff	WPG	22	78	7	7	14	99.0	4.50
5.	Dane Pischke	MAN	26	93	0	5	20	108.0	4.15
6.	Thomas Jarmoc	AB	22	83	2	2	8	91.0	4.14
7.	Graham Vigrass	CGY	14	53	1	0	7	57.5	4.11
8.	Demijan Savija	UBC	23	78	0	6	19	93.5	4.07
9.	Steven Marshall	TWU	12	42	3	0	6	48.0	4.00
9.	Spencer Leiske	AB	22	72	1	5	20	88.0	4.00

Digs (min. 1/set)			G	No.	Per Game
1.	Blair Bann	UBC	24	83	3.46
2.	Scott Neufeld	BRAN	21	69	3.29
3.	Ryan Munt	MAN	26	76	2.92
4.	Steven Marshall	TWU	12	33	2.75
5.	Lindsey Isaak	REG	19	51	2.68

Women

	MP	MW	ML	SW	SL	MBL
UBC	6	6	0	18	2	-
Alberta	8	7	1	22	9	-
Regina	6	5	1	15	5	1.0
Manitoba	7	5	2	15	9	1.5
Brandon	6	4	2	15	9	2.0
Trinity Western	6	3	3	13	11	3.0
Calgary	8	4	4	16	14	3.0
Winnipeg	5	1	4	3	13	4.5
Thompson Rivers	6	0	6	4	18	6.0
Simon Fraser	6	0	6	4	18	6.0
Saskatchewan	6	0	6	1	18	6.0

MBL denotes "Matches Behind Leader"

Note: top seven teams qualify for playoffs; host Alberta & three top playoff finishers qualify for CIS Nationals

Week 4

Friday, Nov. 13

- #9t Brandon 1 at #8 Trinity Western 3
- #3 Manitoba 3 at Winnipeg 0
- #6 Calgary 3 at Thompson Rivers 1
- #1 UBC 3 at Saskatchewan 0
- #5 Alberta 3 at Simon Fraser 2

Saturday, Nov. 14

#6 Calgary 3 at Thompson Rivers 1
 #9t Brandon 3 at #8 Trinity Western 2
 #1 UBC 3 at Saskatchewan 0
 #5 Alberta 3 at Simon Fraser 1

Week 5**Friday, Nov. 20**

#8 Trinity Western at #3 Manitoba, 6:00 pm (webcast)
 Thompson Rivers at #1 UBC, 6:00 pm (citr.ca)
 #5 Alberta at #4 Regina, 6:00 pm
 Winnipeg at #9t Brandon, 6:00 pm (webcast)
 Saskatchewan at Simon Fraser, 7:00 pm (Live Video)

Saturday, Nov. 21

#8 Trinity Western at #3 Manitoba, 6:00 pm (webcast)
 Thompson Rivers at #1 UBC, 6:00 pm (citr.ca)
 Winnipeg at #9t Brandon, 6:00 pm (webcast)
 Saskatchewan at Simon Fraser, 7:00 pm (Live Video)
 #5 Alberta at #4 Regina, 8:00 pm

Individual leaders through Week 4

	Hitting Pct. (min. 3/set)		G	Kills	Err	Tot	Pct.
1.	Jen Hinze	UBC	19	49	11	95	.400
2.	Beth Clark	REG	20	67	20	120	.392
3.	Claire Willerton	BRAN	24	46	10	99	.364
4.	Kyla Richey	UBC	19	52	15	108	.343
5.	Laura Spence	CGY	30	73	20	168	.315
6.	Tricia Mayba	MAN	24	47	14	105	.314
7.	Laura Littlejohn	CGY	23	39	13	84	.310
8.	Erin Visch-Krahn	BRAN	24	60	22	124	.306
9.	Kristi Hunter	MAN	24	76	29	173	.272
10.	Amy Leschied	TWU	24	40	17	85	.271

	Kills (min. 2/set)		G	No.	Per Game
1.	Tiffany Proudfoot	AB	31	133	4.29
2.	Anna Dyakiewicz	TRU	22	94	4.27
3.	Amanda Frayne	TRU	22	86	3.91
4.	Kara JansenVanDoorn	TWU	24	88	3.67
5.	Beth Clark	REG	20	67	3.35
6.	Teagan Hunter	BRAN	24	79	3.29
7.	Colleen Douville	SFU	22	72	3.27
8.	Lindsey Doland	CGY	30	97	3.23
9.	Ashley Voth	MAN	24	77	3.21
10.	Kristi Hunter	MAN	24	76	3.17

	Assists (min. 5/set)		G	No.	Per Game
1.	Sam Loewen	MAN	24	252	10.50
2.	Sarah Lacny	CGY	29	284	9.79
3.	Katie Tyzuk	UBC	19	184	9.68
4.	Tiffany Herman	REG	19	182	9.58
5.	Lauren O'Reilly	TWU	21	192	9.14

	Blocks (min. 0.75.set)		G	Solo	Asst	Total	Per Game
1.	Krista Zubick	AB	31	15	31	46.0	1.48
2.	Beth Clark	REG	20	3	23	26.0	1.30
3.	Amy Leschied	TWU	24	2	27	29.0	1.21
4.	Alix Krahn	WPG	16	1	17	18.0	1.12
5.	Jessica vonSchilling	UBC	11	1	11	12.0	1.09

	Points		G	K	SA	BS	BA	Pts	Avg/G
1.	Tiffany Proudfoot	AB	31	133	11	2	11	151.5	4.89
2.	Anna Dyakiewicz	TRU	22	94	5	3	4	104.0	4.73
3.	Amanda Frayne	TRU	22	86	4	6	6	99.0	4.50
4.	Beth Clark	REG	20	67	4	3	23	85.5	4.28
5.	Kara JansenVanDoorn	TWU	24	88	4	0	15	99.5	4.15
6.	Colleen Douville	SFU	22	72	4	5	14	88.0	4.00
7.	Ashley Voth	MAN	24	77	5	2	17	92.5	3.85
8.	Lindsey Doland	CGY	30	97	8	1	18	115.0	3.83

8.	Teagan Hunter	BRAN	24	79	7	1	10	92.0	3.83
10.	Liz Cordonier	UBC	19	55	11	0	10	71.0	3.74

	Digs (min. 1/set)		G	No.	Per Game
1.	Carleen Kruschel	WPG	16	64	4.00
2.	Sonia Rossy	WPG	16	60	3.75
3.	Andrea Ball	TWU	24	84	3.50
4.	Nicole Hall	MAN	24	83	3.46
5.	Jennifer Restall	AB	31	104	3.35

Soccer

Men

CIS Championship

At Trinity Western University in Langley, B.C.

Teams

Victoria Vikes (CWUAA champions / 8-5-1 regular season, 2-0 playoffs)
 McMaster Marauders (OUA champions / 6-7-1 regular season, 4-0 playoffs)
 Laval Rouge et Or (QSSF champions / 8-2-2 regular season, 2-0 playoffs)
 Cape Breton Capers (AUS champions / 9-1-3 regular season, 2-0 playoffs)
 UPEI Panthers (AUS finalist / 8-5-0 regular season, 2-1 playoffs)
 Toronto Varsity Blues (OUA finalists / 11-1-2 regular season, 2-1 playoffs)
 McGill Redmen (QSSF finalists / 6-3-3 regular season, 1-1 playoffs)
 Trinity Western Spartans (Championship hosts / 8-2-4 regular season, 0-2 playoffs)

Schedule (Pacific Time)

Thursday, Nov. 12

10:30 Quarter-final 1: Laval 3 UPEI 1
 13:00 Quarter-final 2: Toronto 2 Victoria 1
 15:30 Quarter-final 3: McGill 1 McMaster 0 (10-9 on PK)
 18:30 Quarter-final 4: Trinity Western 2 Cape Breton 0

Friday, Nov. 13

10:30 Consolation 1: Victoria 6 UPEI 2
 13:00 Consolation 2: Cape Breton 4 McMaster 1
 16:00 Semifinal 1: Laval 3 Toronto 0
 18:30 Semifinal 2: McGill 2 Trinity Western 1 (5-4 on PK)

Saturday, Nov. 14

13:00 5th: Victoria 3 Cape Breton 2

Sunday, Nov. 15

13:00 Bronze: Trinity Western 2 Toronto 1 (4-2 on PK)
 15:30 Gold: Laval 3 McGill 2

Champion MVP

Gabriel Moreau, Laval

Championship All-Stars

Goalkeeper: Vincent Cournoyer – Laval
 Defender: Paul Hamilton – TWU
 Defender: Sam Wingham – Victoria
 Defender: Alexandre Lévesque-Tremblay – Laval
 Defender: Marc-André Maillet – McGill
 Midfielder: Andrew Rigby - Cap-Breton
 Midfielder: Louis-Charles Laliberté – Laval
 Midfielder: Julien Priol – Laval
 Midfielder: Yohann Capolungo - McGill
 Striker: Nordo Gooden – Toronto
 Striker: Gabriel Moreau - Laval

Women

CIS Championship

At University of Toronto

Teams

Trinity Western Spartans (CWUAA champions / 11-2-1 regular season, 2-0 playoffs)

York Lions (OUA champions / 11-2-1 regular season, 3-0 playoffs)
Montreal Carabins (QSSF champions / 12-1-1 regular season, 2-0 playoffs)
St. FX X-Women (AUS champions / 8-4-1 regular season, 3-0 playoffs)
UBC Thunderbirds (CWUAA finalists / 8-2-4 regular season, 1-1 playoffs)
Queen's Gaels (OUA finalists / 13-1-2 regular season, 2-1 playoffs)
UPEI Panthers (AUS finalists / 9-3-1 regular season, 1-1 playoffs)
Toronto Varsity Blues (Championship hosts / 11-1-4 regular season, 0-1 playoffs)

Schedule (Eastern Time)

Thursday, Nov. 12

11:00 Quarter-final 2: Queen's 1 St. FX 0 (OT)
13:30 Quarter-final 1: Trinity Western 1 UPEI 0
15:30 Quarter-final 3: UBC 2 York 1 (OT)
18:30 Quarter-final 4: Montreal 3 Toronto 2

Friday, Nov. 13

13:30 Consolation 1: UPEI 1 St. FX 0
15:30 Consolation 2: Toronto 1 York 0

Saturday, Nov. 14

13:30 Semifinal 1: Trinity Western 2 Queen's 1 (5-3 on PK)
15:30 Semifinal 2: Montreal 1 UBC 0
18:30 5th: Toronto 2 UPEI 0

Sunday, Nov. 15

14:00 Bronze: UBC 2 Queen's 1
17:00 Gold: Trinity Western 1 Montreal 0 (4-2 on PK)

Tournament MVP

Tessa Meyer - Trinity Western

Tournament All-Stars

Goalkeeper: Kristen Funk - Trinity Western
Defence: Émilie Mercier – Montreal
Defence: Chelsea Stang – UBC
Defence: Colleen Webber - Trinity Western
Defence: Mikyla Kay – Queen's
Midfield: Véronique Maranda – Montreal
Midfield: Tessa Meyer - Trinity Western
Midfield: Riley Fillion – Queen's
Forward: Alicia Tesan - Trinity Western
Forward: Veronique Laverdière – Montreal
Forward: Daniela Gerig - Trinity Western

R.W. Pugh Fair Play Award

UPEI Panther

Cross Country

CIS Championships

Saturday, Nov. 14, 2009

Hosted by Queen's in Kingston, Ont.:

(at Fort Henry Hill)

(CW medals awarded based on CIS order finish)

Men's CIS Individual Awards

Athlete the Year	Matt Brunsting, Guelph
Rookie the Year	Wyatt Baiton, Regina
Coach the Year	Dave Scott-Thomas, Guelph
Community Service Award	Matt Hulse, Queen's

Women's CIS Individual Awards

Athlete the Year	Megan Brown, Toronto
Rookie the Year	Genevieve Lalonde, Guelph
Coach the Year	Dave Scott-Thomas, Guelph
Community Service Award	Gwendolyn Muir, Dalhousie

Canada West Awards

	Male	Female
Athlete the Year	Kelly Wiebe, Regina	Jodi Souter, Saskatchewan
Rookie the Year	Wyatt Baiton, Regina	Katie Fenton, Calgary
Student-Athlete Award	Sam Dorosz, Calgary	Lauren Beaulieu, Victoria
Coach the Year	Graeme McMaster, Regina	Brent Fougner, Victoria

Men's 10km Team Results

(with ranking, school, total points and points by each athlete)

1. Guelph 1 2 5 11 12 (18) (48) = 31
2. Windsor 4 8 19 28 33 (53) (77) = 92
3. St. Francis Xavier 20 23 24 37 66 (81) (97) = 170
- 4. Regina 3 13 21 30 119 = 186**
WIEBE KELLY, BAITON WYATT, WIG DALE, FYFE IAIN, BENJAMIN ERIC
- 5. Calgary 22 25 52 60 63 (72) (95) = 222**
CLOUTIER MATTHEW, NICOL SCOTT, RUSSELL RYAN, DOROSZ SAM, POOTZ SPENCER, SPENDIFF MATHEW, DELANGE OWEN
- 6. Alberta 16 31 45 62 71 (83) (84) = 225**
WEIKUM JAMIE, LEBOEUF MAX, OSTAPOWICH JADEN, CARVER CODY, MOORE HARRY, LAW GRAEME, LAUZON JOEL
7. Queen's 17 39 50 56 65 (104) = 227
8. Western Ontario 10 32 41 74 85 (87) (116) = 242
9. McMaster 15 44 57 59 68 (82) (99) = 243
10. Universite de Sherbrooke 14 35 40 76 86 (96) (113) = 251
- 11. Victoria 6 9 34 98 105 (118) = 252**
PIETERSON MATT, MALLIE JOHANNES, CHILDS CLIFF, IRVINE KYLE, CLOUTHIER JOSH, ROBERTSON KARL
12. Toronto 42 43 47 70 78 (103) = 280
13. Dalhousie 7 61 64 102 107 (110) (112) = 341
14. Universite Laval 26 55 80 88 94 (122) = 343
- 15. Manitoba 29 51 67 90 124 = 361**
SHEPHERD COLIN, BELOF CHRIS, PENNER ADAM, SCHELLENBERG ANDREW, REDPATH JASON
16. Laurier 79 89 92 93 106 (114) (117) = 459
17. Concordia 27 69 111 127 128 = 462
- 18. Saskatchewan 73 75 109 115 123 = 495**
BOLDT ALYOSHA, GERARD STEPHANE, MARIN SAMIR, MAZURIK MATT, ELL JOHNATHAN
19. Royal Military College 108 120 121 125 126 (129) (130) = 600

Women's 5km Team Results

1. Guelph 2 8 9 17 21 (25) (38) = 57
2. Toronto 1 4 6 36 97 (114) (121) = 144
3. McMaster 5 22 23 48 49 (54) (98) = 147
- 4. Victoria 16 19 27 55 61 (62) (82) = 178**
MORAN DEIDRE, JEAN CLAIRE, TSCHANZ JULIA, MITIC LAURA, SKINNER SHAUNA, THERRIEN BRITTANY, BEAULIEU LAUREN
- 5. Alberta 29 37 40 51 53 (93) (94) = 210**
DEGAUST HAYLEY, SODERBERG ALANA, ACHESON LINDSAY, STENGER JOELLE, SZYNKARCZUK NATALIA, TOMAS CASSANDRA, MEDINSKI DANIKA
- 6. Calgary 31 39 42 45 56 (88) (96) = 213**
MCQUEEN RILEY, STENNING FAYE, QUERENGESSER DEBBY, FENTON KATIE, KARY GRACE, MACDONALD MADELINE, MCNICOLL LINDSY
- 7. Manitoba 15 24 41 57 81 (102) (116) = 218**
BRUCKSCHWAIGER KATRINA, GREGOIRE MELANIE, GINTER LACEY, TESSMANN GINA, SHERWIN ALICE, BARRETT NICOLE, BELL ALEX
8. St. Francis Xavier 20 30 46 60 71 (83) (87) = 227
9. Laval 11 26 35 76 84 (89) = 232
10. Queen's 33 43 44 58 59 (65) (70) = 237
11. Windsor 14 50 52 67 68 (72) (91) = 251
- 12. Saskatchewan 7 18 63 99 106 (123) = 293**
SOUTER JODI, WARKENTIN CAITLIN, RICHARDS MARCIA, MILLER MIRANDA, BRENAUT NADINE, ARMSTRONG ANDREA
13. Dalhousie 12 32 75 92 95 (111) (119) = 306

14. Universite de Sherbrooke 3 47 69 79 109 (113) (124) = 307
 15. Western Ontario
 16. McGill 28 64 74 86 101 (108) = 353
 17. Laurentian 66 73 103 110 115 (120) (125) = 467
 18. Concordia 85 117 118 122 126 = 568
 19. Royal Military College 112 127 128 129 130 (131) = 626

Individual Results

Men's 10km

(top 7 First Team All-Canadians; 8-14 Second Team All-Canadians)

*(top 7 CW First Team All-Stars in **bold**; 8-14 CW Second Team All-Stars)*

(with men's placing, name, school and time)

1	MATT BRUNSTING	Guelph	30:34.3
2	KYLE BOORSMA	Guelph	30:44.8
3	KELLY WIEBE	Regina	30:49.8
4	DAVE WESTON	Windsor	30:54.3
5	ALLAN BRETT	Guelph	30:57.9
6	MATT PIETERSON	Victoria	31:01.8
7	RUSSELL CHRISTIE	Dalhousie	31:32.1
8	ADAM KELLAR	Windsor	31:34.0
9	JOHANNES (Daniel) MALLIE	Victoria	31:37.9
10	KYLE O'NEILL	Western Ontario	31:42.0
11	NIGEL WRAY	Guelph	31:43.9
12	JOHN PARROTT	Guelph	31:49.2
13	WYATT BAITON	Regina	31:59.9
14	BAGHDAD RACHEM	Sherbrooke	32:13.0
15	LARRY ABBOTT	McMaster	32:13.9
16	JAMIE WEIKUM	Alberta	32:14.4
17	MATT HULSE	Queen's	32:16.8
18	ROBERT JACKSON	Guelph	32:17.9
19	ANDREW AGUANNO	Windsor	32:23.5
20	DAVID GERYCH	St. Francis Xavier	32:24.2
21	DALE WIG	Regina	32:25.1
22	MATTHEW CLOUTIER	Calgary	32:28.2
Second Team Canada West All-Stars			
25	SCOTT NICOL	Calgary	32:33.4
29	COLIN SHEPHERD	Manitoba	32:44.6
30	IAIN FYFE	Regina	32:46.9
31	MAX LEOEUF	Alberta	32:47.8
34	CLIFF CHILDS	Victoria	32:54.9

45	JADEN OSTAPOWICH	Alberta	33:18.6
51	CHRIS BELOF	Manitoba	33:25.7
Other Canada West Runners			
52	RYAN RUSSELL	Calgary	33:26.5
60	SAM DOROSZ	Calgary	33:41.8
62	CODY CARVER	Alberta	33:43.5
63	SPENCER POOTZ	Calgary	33:43.7
67	ADAM PENNER	Manitoba	33:45.6
71	HARRY MOORE	Alberta	33:51.9
72	MATHEW SPENDIFF	Calgary	33:53.1
73	ALYOSHA BOLDT	Saskatchewan	33:54.1
75	STEPHANE GERARD	Saskatchewan	33:57.6
83	GRAEME LAW	Alberta	34:11.3
84	JOEL LAUZON	Alberta	34:11.4
90	ANDREW SCHELLENBERG	Manitoba	34:30.5
95	OWEN DELANGE	Calgary	34:42.3
98	KYLE IRVINE	Victoria	34:46.2
105	JOSH CLOUTHIER	Victoria	35:09.5
109	SAMIR MARIN	Saskatchewan	35:16.3
115	MATT MAZURIK	Saskatchewan	35:33.5
118	KARL ROBERTSON	Victoria	35:41.1
119	ERIC BENJAMIN	Regina	35:52.5
123	JOHNATHAN ELL	Saskatchewan	36:36.2
124	JASON REDPATH	Manitoba	36:49.7

Women's 5 km

(top 7 First Team All-Canadians; 8-14 Second Team All-Canadians)

*(top 7 CW First Team All-Stars in **bold**; 8-14 CW Second Team All-Stars)*

(with women's placing, name, school and time)

1	MEGAN BROWN	Toronto	16:55.9
2	LINDSAY CARSON	Guelph	17:14.3
3	VALERIE BELANGER	Sherbrooke	17:23.1
4	ERIN MCCLURE	Toronto	17:23.9
5	JESSICA PEARO	McMaster	17:24.2
6	TAMARA JEWETT	Toronto	17:30.0
7	JODI SOUTER	Saskatchewan	17:30.3
8	RACHEL CLIFF	Guelph	17:32.3
9	GENEVIEVE LALONDE	Guelph	17:33.7

10	ASHLEY RYER	Saint Mary's	17:34.3
11	CATHERINE CORMIER	Laval	17:34.4
12	CAROLINE SCHLOSSER	Dalhousie	17:37.9
13	LYNN MOCKLER	Western Ontario	17:40.9
14	DAYNA PIDHORESKY	Windsor	17:41.0
15	KATRINA BRUCKSCHWAIGER	Manitoba	17:42.7
16	DEIDRE MORAN	Victoria	17:47.5
17	COURTNEY LAURIE	Guelph	17:49.4
18	CAITLIN WARKENTIN	Saskatchewan	17:50.2
19	CLAIRE JEAN	Victoria	17:54.8
20	MONIKA PREIBISCHOVA	St. Francis Xavier	17:59.5
24	MELANIE GREGOIRE	Manitoba	18:10.3
27	JULIA TSCHANZ	Victoria	18:14.1
Second Team Canada West All-Stars			
29	HAYLEY DEGAUST	Alberta	18:15.3
31	RILEY MCQUEEN	Calgary	18:21.3
37	ALANA SODERBERG	Alberta	18:34.8
39	FAYE STENNING	Calgary	18:37.0
40	LINDSAY ACHESON	Alberta	18:38.1
41	LACEY GINTER	Manitoba	18:38.6
42	DEBBY QUERENGESSER	Calgary	18:40.1
Other Canada West Runners			
45	KATIE FENTON	Calgary	18:43.6
51	JOELLE STENGER	Alberta	18:49.1
53	NATALIA SZYNKARCZUK	Alberta	18:50.8
55	LAURA MITIC	Victoria	18:51.2
56	GRACE KARY	Calgary	18:52.0
57	GINA TESSMANN	Manitoba	18:52.1
61	SHAUNA SKINNER	Victoria	19:00.6
62	BRITTANY THERRIEN	Victoria	19:01.7
63	MARCIA RICHARDS	Saskatchewan	19:03.3
77	MELLISSA PETERSEN	Regina	19:14.3
78	KARISSA LEPAGE	Regina	19:15.8
81	ALICE SHERWIN	Manitoba	19:21.5
82	LAUREN BEAULIEU	Victoria	19:22.6
88	MADELINE MACDONALD	Calgary	19:32.0
93	CASSANDRA TOMAS	Alberta	19:36.3
94	DANIKA MEDINSKI	Alberta	19:37.6
96	LINDSY MCNICOLL	Calgary	19:40.4
99	MIRANDA MILLER	Saskatchewan	19:44.7

102	NICOLE BARRETT	Manitoba	19:49.1
106	NADINE BRENAUT	Saskatchewan	19:54.9
116	ALEX BELL	Manitoba	20:19.4
123	ANDREA ARMSTRONG	Saskatchewan	20:56.2

For non-conference events and full schedules, please check various team Schedule/Results sections at www.canadawest.org

Next Weekly Release: Monday, Nov. 23, 2009

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About CWUAA

“Canada West is consistently the most decorated of the four conferences in Canadian Interuniversity Sport (CIS), winning at least 10 CIS national titles every year since 1997-98. Comprised of 14 schools, from the provinces of Manitoba, Saskatchewan, Alberta and British Columbia, the CWUAA produces numerous major award winners and Academic All-Canadian student-athletes each year, with many going on to athletic success around the globe in pro leagues or events such as the Olympics, Paralympics or Universiade Games.”