

COMMONWEALTH GAMES CANADA MEDIA GUIDE

GLASGOW, SCOTLAND
JULY 23RD - AUGUST 3RD 2014





Canadian
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canadien
Sport Canada

Canada



From Playground to Podium

In Canada, all levels of government work with sport organizations to create an inclusive sport system that promotes physical activity, sport participation, athletic success and active living.

Supporting our athletes helps them develop qualities like dedication, teamwork and community spirit.

We are proud to support all our athletes, from playground to podium, in their pursuit of sporting excellence.

Canada.ca/Sport
Facebook.com/SportCanadaEn
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PRIME MINISTER • PREMIER MINISTRE

I am delighted to join with Canadians in cheering for Team Canada as they compete for gold in the 2014 Commonwealth Games in Glasgow.

Canada has a special connection to the Commonwealth Games: the first event of its kind was held in 1930 in Hamilton, Ontario. This year, Glasgow, Scotland plays host to the Games with Team Canada ready to put their athletic prowess to the test. We admire the determination, sacrifice and spirit that have earned you a spot on the national team and we will be cheering you on to victory along with your families, friends and communities across the country.

Canada is a proud supporter of the Commonwealth Games and I would like to thank the Scottish organizers of this year's event, which will undoubtedly yield great moments in sport.

The Rt. Hon. Stephen Harper, P.C., M.P.

OTTAWA
2014



Welcome to Glasgow!

It is a privilege and an honour to be your Chef de mission here at these 2014 Commonwealth Games in Glasgow, Scotland. I have incredible memories of my experiences at the 2002 and 2006 Commonwealth games, and consider these Games to be truly unique.

The Commonwealth Games unite us all in our mutual passion that everything sport gives us, from the sense of pure fun to the pride of achievement. They also have a special place in our hearts as Canadians, as Canada is their birthplace--- we hosted the first ever Games in Hamilton in 1930. These games are a world---class sporting competition, and they continue to play an important role in Canadian sport and the international sport calendar.

Rest assured that your fellow Canadians will applaud and cheer you enthusiastically as you put your physical and mental strength to the test here in Glasgow. And I as your Chef, as well as all members of our dedicated Mission team will do everything in our power to support you along the way.

I congratulate Glasgow 2014 and Scotland for their warm welcome and I wish them a great Games!

And of course, I congratulate every member of our 2014 Canadian Team for their selection to this amazing Team, and wish all of you an excellent sporting and cultural experience here in Glasgow.

Very best regards,

Chantal Petitclerc

Chef de Mission Team Canada

Glasgow 2014



This year Glasgow, Scotland, has the honour of welcoming the XX Commonwealth Games, a prestigious competition where athletes will put their talent, strength, and determination to the test.

The Commonwealth Games provide an opportunity to promote Canadian sport and culture and to share the values of openness, equality, and respect for human rights that distinguish us as a country.

Our Government is proud of the achievements of our athletes, and we are committed to supporting them as they strive to reach the top of the podium in national and international competition. Commonwealth Games Canada plays a key role by standing behind our athletes as they prepare for the Commonwealth Games. This is why we are pleased to support this organization in its mission.

As Minister of State (Sport), I thank Commonwealth Games Canada for its efforts to promote the development of sport in Canada. I would also like to offer my best wishes to all the members of Team Canada who will represent our country with pride among the greater Commonwealth family.

The Honourable Bal Gosal



Greetings and welcome to Glasgow!

It is such a thrill for me to be in Glasgow at my 5th Commonwealth Games, and even more exciting to know that I will be walking into the Opening Ceremony as your Flag Bearer, alongside Canada's best summer athletes.

To those of you who have already experienced the Commonwealth Games, welcome back, and to those of you who are living them for the first time, you are in for a treat. The competition level is exceptional, but it is that unique camaraderie and friendship that also exists at these Games that makes them special.

I wish you the best of success on the field of play over the next few weeks, and I look forward to meeting many of you at Celtic Park as we gather for the Opening Ceremony.

I love the Commonwealth Games and I hope that you will to; and know that I will do my best to be worthy of all of you, this exceptional group of athletes that is Canada's Team at Glasgow 2014.

Yours,

Susan Natrass

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ATHLETICS



Team Canada in Glasgow

Headlining Athletics Canada's team is 2012 Olympic and 2013 World Championship bronze medallist Derek Drouin of Corunna, Ont. This season Derek improved the Canadian record when he surpassed the 2.40-metres mark, one of only ten in history to have cleared that magical barrier. Two-time World Championship silver medallist Brianne Theisen-Eaton of Humboldt, Sask., is looking to add a Commonwealth Games title to her already impressive resume. Damian Warner of London, Ont., is another one to keep a close eye on; he won bronze in the decathlon at the 2013 World Championships.

Head Coach Peter Eriksson on the squad, "I am very proud of the team selected. Our team objective is to surpass previous results. The team is a healthy mix of young blood and experienced athletes, they are focused on what it will take to get the job done."

The team includes seven medallists from past Commonwealth Games; Josh Cassidy, Sultana Frizell, Carline Muir, Diane Roy, James Steacy, Angela Whyte, and Jessica Zelinka.

Dates

July 27- August 2, 2014

Venue(s):

Hampden Park Stadium

Number of Events:

23 for men, 23 for women

History

Athletics is sport stripped to its barest essentials: to run, walk, jump and throw are the basics of human activity. As such, most athletics events date back to prehistory. The discus throw and various running events, for example, were part of the ancient Olympic Games, while the marathon was introduced at the first modern Olympic Games in 1896 to honour the ancient Greek soldier Pheidippides. According to legend, Pheidippides ran 26 miles from Marathon to Athens with news of a Greek victory over the Persians, and then later died from exhaustion. Events such as the pole vault may have originated with European farmers who used long poles to help them vault over ditches, and naval gunners hefting cannon balls in battle may have been the originators of the shot put.

Over the past decade, Athletics Canada has welcomed under its umbrella high- performance athletes from four disability groups: wheelchair athletes joined the association in 1997, followed by athletes with cerebral palsy, visually impaired athletes and amputee athletes in 2002. Inclusion of these disability groups was a natural step given that the focus of the association has broadened to include the delivery of similar services to all track and field high-performance athletes.

Overview

Track and Road Running Events

Running events are divided into sprints (100m, 200m and 400m), middle distances (800m and 1,500m), long distances (5,000m and 10,000m), road running (marathon, 20 km race walk for men and women and the 50 km race walk for men), hurdles (110m-men, 100m-women, 400m, and the 3,000m steeplechase for men) and relay races (4 x 100m and 4 x 400m).

All races, except the marathon and race walking events, take place on a 400-metre track. The object of each race is to reach the finish line first (judged from the torso). In races of less than 800m, runners must stay in their assigned lanes for the whole race. However, in the 800m, runners can

leave their lanes after the first turn of the track. In relay events, a baton is passed from the lead runner to each successive runner. Hurdle events and the steeplechase combine running and jumping (the steeplechase contains water jumps as well as hurdles); hurdle heights vary according to the events (men's 110-metre hurdles stand 1.067 m, women's 100-metre hurdles stand 0.840 m, men's 400-metre hurdles stand 0.914 m and women's 400-metre hurdles stand at 0.762 m) and there is no penalty for knocking them down. Race walkers must maintain contact with the ground with at least one foot and straighten the leg completely on each stride.

Jumping Events – High Jump, long Jump, Pole Vault, Triple Jump

Competitors in the four jumping events use a running start to build momentum. Depending on the event, the object is to jump the highest or the furthest. In the horizontal jumps (long and triple) competitors are allowed three attempts in the preliminary round while the top eight can secure three more attempts in the final round. In the vertical jumps (high and pole vault), competitors get three attempts to clear a given height. Competitors may choose to proceed to the next round without having cleared the height or having used all three attempts. Three consecutive misses eliminate the competitor. The crossbar is raised with each round until only one competitor is left.

Throwing events – Shot Put, Discus, Javelin, Hammer

Competitors put a shot or throw the discus, hammer or javelin a maximum distance from within a fixed throwing area. The implement must land completely within a wedge-shaped section of the field that begins at the throwing area and fans outward. Competitors are allowed three throws in the preliminary round; the top eight throwers are allowed three more attempts. The shot put is held in one hand beside the neck and then it is released while driving it upwards and outwards. The javelin must land point-first for the throw to count.

Throwing Event Equipment

Shot put: the men's shot weighs 7.26 kg and the women's weighs 4 kg.

Discus: The men's discus weighs 2 kg and the women's weighs 1 kg.

Javelin: The men's javelin weighs 800 g and the women's weighs 600 g.

Hammer: the men's hammer weighs 7.26 kg and the women's weighs 4 kg.

Combined Events – Decathlon (men), Heptathlon (women)

The decathlon for men and the heptathlon for women combine 10 and seven running, jumping and throwing events respectively. Scores are awarded based on tables that set performance standards for each section. Some rules for the individual sections vary from rules for single events, for example in the long jump, each combined-events competitor is allowed only three attempts whereas in regular competition the top 8 receive an additional three attempts. Events are held over two days with a minimum 30-minute break between sections and a minimum 10-hour break between the first and second days.

Elite Athletes with a Disability (EAD)

There will be three EAD events for both men and women in Glasgow: 100m (Women's T12 & Men's T37), 1500m (Women's & Men's T54), Long Jump (Women's F37 & 38) and Discus (Men's F42 & 44). All competitors must have an internationally authorized classification at the time of entry.

Athletics Canada has representation from three athletes in the T54 wheelchair racing categories. These are athletes that compete while sitting that do not have increased tone or uncontrollable movements - Spinal cord injury involving lower extremities; good sitting balance with abdominal muscle activity.

For more Information:

Athletics Canada

2445 St. Laurent Blvd., Suite B1-110

Ottawa, ON K1G 6C3

Tel: (613) 260-5580

Email: athcan@athletics.ca

Website: www.athletics.ca

International Association of Athletics Federations (IAAF): www.iaaf.org

Media attaché in Glasgow: Emily Hooper and Alison Korn (Para)



Athlete Name: Mohammed Ahmed

Sport / Event: Athletics / 10,000m

DOB: January 5, 1991

Height /Weight: 180cm – 5’11” / 54kg – 119lbs

Hometown: St. Catharines, Ont.

Club / Coach: Niagara Olympic Club / Mick Byrne & Sharon Stewart

Twitter: @Moh_Speed

Facebook: <https://www.facebook.com/AxmedRaan>

Career Highlights:

#1 in Canada (2013) - Personal Best of 27:34.64 (2012) - Olympian (2012) - Canadian Junior Record of 28:57.44 (2010)

Major Competitions:

- 2014 NCAA Division I West Prelims (10000m) – 7h – 29:35.29
- 2013 IAAF World Championship in Athletics (10,000m) - 9 - 27:35.76
- 2013 IAAF World Cross Country Championship (12km) - 22 - 33:56.00
- 2012 Olympic Games (10,000m) - 18 - 28:13.91
- 2010 IAAF World Junior Championship (10,000m) - 4 - 29:11.75
- 2010 IAAF World Junior Cross Country Championship (8km) - 27 - 23:29.00
- 2009 Panamerican Junior Championship (5,000m) - Gold - 14:12.11 (Meet Record)
- 2009 IAAF World Junior Cross Country Championship (8km) - 57 - 26:13.00
- 2008 IAAF World Junior Championship (10,000m) - 9 - 30:03.53
- 2008 IAAF World Junior Cross Country Championship (8km) - 51 - 25:03.00
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=6589



Athlete Name: Shawnacy Barber

Sport / Event: Athletics / Pole Vault

DOB: May 27, 1994

Height /Weight: 191cm / 78kg

Hometown: Toronto, Ont.

Club / Coach: Project Athletics Track & Field Club / George Barber & Dennis Mitchell

Career Highlights:

Canadian Record and Canadian Junior Record of 5.71m (2013) - Canadian Indoor Junior Record of 5.60m (2013)

Major Competitions:

- 2014 Longhorn Invitational – Silver – 5.60m
- 2014 Mt. Sac Relays – Silver – 5.60m
- 2013 Francophone Games - Silver - 5.35m
- 2013 Panamerican Junior Championship - Gold - 5.35m
- 2013 IAAF World Championship in Athletics - 16qA - 5.40m
- 2013 Canadian Junior Championship - Gold - 5.20m
- 2013 Summer Universiade FISU - 11 - 5.15m
- 2013 Canadian Championship - Gold - 5.40m
- 2012 IAAF World Junior Championship - Bronze - 5.55m (Previous Canadian Record)
- 2012 Canadian Championship - 4 - 4.85m
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=21129



Athlete Name: Daundre Barnaby

Sport / Event: Athletics / 4x400m

DOB: December 9, 1990

Hometown: Brampton, Ont.

Club / Coach: Project Athletics Track & Field Club / Desai Williams & Anthony McCleary

Twitter: @Speedshifta

Facebook: <https://www.facebook.com/daundre.barnaby>

Instagram: speedshifta

Career Highlights:

#1 in Canada (2013) - Personal Best of 45.47 (2013) - Olympian (2012)

Major Competitions:

- 2014 IAAF World Relays (4x400m) - 6fB - 3:04.67
- 2014 NCAA Division East Prelims - 1 (heat) - 45.47
- 2012 Olympic Games - 6h2 - 46.04
- 2012 Canadian Championship - Gold - 46.00
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=22300



Athlete Name: Karine Belleau-Beliveau

Sport / Event: Athletics / 800m

DOB: December 29, 1983

Hometown: Montreal, Que.

Club / Coach: Les Vainqueurs / Jean-Yves Cloutier

Facebook: <https://www.facebook.com/karine.belleaubeliveau>

Career Highlights:

Personal best of 2:01.13 (2013)

Major Competitions:

- 2014 Payton Jordan Cardinal Invitational – Gold – 2:01.46
- 2014 Mt. Sac Relays – 5 – 2:02.15
- 2013 Francophone Games - 7 - 2:04.26
- 2013 IAAF World Championship in Athletics - 7h1 - 2:02.93
- 2013 Canadian Championship - Silver - 2:03.14
- 2012 Canadian Championship - 5 - 2:08.44
- 2011 Canadian Championship - 5 - 2:06.41
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=7825



Athlete Name: Khamica Bingham

Sport / Event: Athletics / 100m

DOB: June 15, 1994

Height /Weight: 163cm / 59kg

Hometown: Caledon, Ont.

Club / Coach: Brampton Track Club INC. / Desai Williams & Frank Bucca

Twitter: @micabingham

Facebook: <https://www.facebook.com/khamica.bingham>

Instagram: micaabinghaam

Career Highlights:

#1 in Canada as a junior (2013) - Personal Best of 11.46 (2012) - Canadian Record of 42.99 in 4x100m relay (2013) - Canadian Youth Record of 11.53 in 100m (2011) - Canadian Youth Record of 2:05.72 in medley relay (2011) - Canadian Youth Record of 46.27 in 4x100m relay (2011)

Major Competitions:

- 2014 IAAF World Relays (4x100m) - 1fb - 43.33
- 2014 NTC Pure Athletics Sprint Elite Meet (100m) - 6 - 11.35
- 2014 NTC Pure Athletics Sprint Elite Meet (100m) - 5 - 11.36
- 2013 Panamerican Junior Championship (4x100m) - Silver - 46.13
- 2013 Panamerican Junior Championship (100m) - 6 - 11.54
- 2013 IAAF World Championship in Athletics (4x100m) - 6 - 43.28
- 2013 Canadian Junior Championship (100m) - Gold - 11.74
- 2013 Summer Universiade FISU (100m) - 4sf2 - 11.78
- 2013 Canadian Championship (100m) - 5 - 11.76
- 2012 IAAF World Junior Championship (100m) - 4 - 11.46
- 2011 IAAF World Youth Championship (Medley) - Bronze - 2:05.72 (Canadian Record)
- 2011 IAAF World Youth Championship (100m) - 5 - 11.71
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=8884



Athlete Name: Melissa Bishop

Sport / Event: Athletics / 800m

DOB: August 5, 1988

Height /Weight: 173cm / 57kg

Hometown: Eganville, Ont.

Club / Coach: Ottawa Lions T.F.C. / Dennis Fairall

Twitter: @BishopMelissa

Facebook: <https://www.facebook.com/melissa.bishop.98>

Career Highlights:

#1 in Canada (2013) - Personal best of 1:59.76 (2013) - National Track League Champion (2013) - Olympian (2012)

Major Competitions:

- 2014 Diamond League – Prefontaine Classic – Silver – 2:00.52
- 2014 University of Windsor Open – Gold – 2:00.87
- 2014 USATF High Performance Distance Classic – Bronze – 2:00.73
- 2013 Francophone Games - Bronze - 2:03.44
- 2013 IAAF World Championship in Athletics - 6h4 - 2:01.91
- 2013 Canadian Championship - Gold - 2:02.84
- 2012 Olympic Games - 6h5 - 2:09.33
- 2012 Canadian Championship - Silver - 2:07.56
- 2011 Canadian Championship - 8 - 2:06.91
- 2010 Canadian Championship - Bronze - 2:04.12
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=5288



Athlete Name: Aaron Brown

Sport / Event: Athletics / 100m

DOB: June 20, 1992

Height /Weight: 185cm / 79kg

Hometown: Toronto, Ont.

Club / Coach: Phoenix Athletics Association of Ontario / Caryl Smith
Gilbert & Bill Stephens

Twitter: @KingsleySC

Instagram: kingsleysc

Career Highlights:

Pending Canadian record of 20.16 in 200m (2014) - Ranked #1 in Canada in both 100m and 200m (2013) - Personal Best of 10.05 in 100m (2013) - Olympian (2012) - Canadian Youth Record of 10.46 in 100m (2009)

Major Competitions:

- 2014 NCAA Division I West Prelims (100m) - 2sf - 10.12
- 2014 Pac-12 Track and Field Championships (100m) - 1h - 10.16
- 2013 IAAF World Championship in Athletics (4x100m) - Bronze - 37.92
- 2013 IAAF World Championship in Athletics (100m) - 5sf3 - 10.15
- 2013 Canadian Championship (100m) - Gold - 10.25
- 2012 Olympic Games (200m) - 4sf2 - 20.42
- 2011 Panamerican Junior Championship (4x100m) - Silver - 39.97
- 2011 Panamerican Junior Championship (100m) - Bronze - 10.25
- 2010 IAAF World Junior Championship (100m) - 5 - 10.48
- 2010 IAAF World Junior Championship (200m) - Bronze - 21.00
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=4708



Athlete Name: Josh Cassidy

Sport / Event: Athletics / T54 1500m

DOB: November 15, 1984

Height /Weight: 170cm / 69kg

Hometown: Ottawa, Ont.

Club / Coach: Ottawa Lions T.F.C. / Amanda Fader

Web Site: <http://www.cassidy.com>

Instagram: joshcassidy84

Twitter: @JoshCassidy84

Career Highlights:

Ranked #1 in Canada (2013) - Paralympian (2012 & 2008) - Boston Marathon Champion (2012) - Canadian Record of 1:22:02 in the marathon (2011) - Canadian Record of 2:55.73 in T54 1500m (2010) - London Marathon Champion (2010) - Canadian Record of 9:55.13 in 5000m (2010) - Canadian Record of 19:51.54 in 10000m (2010)

Major Competitions:

- 2013 IPC World Championship (1500m) - 7 - 3:10.04
- 2013 IPC World Championship (10000m) - Bronze - 23:06.08
- 2013 Canadian Championship (1500m) - Silver - 3:27.81
- 2012 Paralympic Games (800m) - 5 - 1:39.72
- 2012 Paralympic Games (1500m) - 10 - 3:14.70
- 2011 IPC World Championship (1500m) - 6h3 - 3:11.98
- 2011 IPC World Championship (5000m) - 4 - 10:49.28
- 2011 IPC World Championship (10000m) - 4 - 22:18.21
- 2010 Commonwealth Games (1500m) - Bronze - 3:21.14
- 2008 Paralympic Games (1500m) - 4sf1 - 3:09.45
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=20006



Athlete Name: Jared Connaughton

Sport / Event: Athletics / 4x100m

DOB: July 20, 1985

Height /Weight: 175cm / 80kg

Hometown: New Haven, PEI

Club / Coach: Islanders Track and Field / Monte Stratton

Twitter: @jncoolc

Facebook: <https://www.facebook.com/jared.connaughton>

Career Highlights:

Olympian (2012, 2008) - Personal Best of 20.30 in 200m (2012) - Canadian Record of 1:21.84 in 4x200m (2012) - Personal Best of 10.15 in 100m (2008)

Major Competitions:

- 2014 IAAF World Relays (4x100m) - 6 - 38.55
- 2013 Francophone Games (4x100m) - Gold - 39.14
- 2013 Francophone Games (100m) - 4 - 10.61
- 2012 Olympic Games (4x100m) - Finalist
- 2012 Olympic Games (200m) - 7sf1 - 20.64
- 2010 Commonwealth Games (4x100m) - Finalist
- 2010 Commonwealth Games (200m) - 4 - 20.62
- 2009 IAAF World Championship in Athletics (4x100m) - 5 - 38.39
- 2008 Olympic Games (4x100m) - 6 - 38.66
- 2008 Olympic Games (200m) - 7 - 20.58
- 2007 IAAF World Championship in Athletics (4x100m) - 7 - 39.43
- 2007 Panamerican Games (4x100m) - Silver - 38.87
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4913



Athlete Name: Shai-Anne Davis

Sport / Event: Athletics / 200m

DOB: December 4, 1993

Height /Weight: 167cm / 60kg

Hometown: Richmond, BC.

Club / Coach: Project Athletics Track & Field Club / Desai Williams & Anthony McCleary

Twitter: @Shaiannedavis

Instagram: shaiannedavis

Career Highlights:

Ranked #1 in Canada in 100m (2013) - Canadian Record in 4x100m of 42.99 (2013) - Personal Best of 11.33 in 100m (2013) - Personal Best of 23.12 in 200m (2013)

Major Competitions:

- 2014 IAAF World Relays (4x100m) - 1fB - 43.33
- 2014 NTC Pure Athletics Sprint Elite Meet (200m) - 4 - 23.30
- 2014 NTC/PURE Athletics Spring Invitational (200m) - 3f2 - 23.26
- 2013 Francophone Games (100m) - Bronze - 11.80
- 2013 IAAF World Championship in Athletics (4x100m) - 6 - 43.28
- 2013 Summer Universiade FISU (100m) - 6 - 11.54
- 2013 Summer Universiade FISU (200m) - 4 - 23.12
- 2013 Canadian Championship (100m) - Bronze - 11.61
- 2012 IAAF World Junior Championship (200m) - 7sf3 - 24.23
- 2010 Youth Olympic Games (100m) - 4 - 12.35
- 2010 IAAF World Junior Championship Team Member
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4971



Athlete Name: Andre De Grasse

Sport / Event: Athletics / 200m

DOB: November 10, 1994

Height /Weight: 155cm / 68kg

Hometown: Markham, Ont.

Club / Coach: The Speed Academy Athletics Club / Tony Sharpe

Facebook: <https://www.facebook.com/dre.degrasse>

Career Highlights:

Ranked #1 junior in Canada (2013) - Canadian Junior Record of 10.25 (2013)

Major Competitions:

- 2014 NJCAA National Track & Field Championships (200m) – Gold – 20.38
- 2014 Pittsburgh State Gorilla Invite (200m) – Gold – 20.46
- 2013 Panamerican Junior Championship (100m) - Silver - 10.36
- 2013 Panamerican Junior Championship (200m) - Bronze - 20.74
- 2013 Canada Games (100m) - Gold - 10.49
- 2013 Canada Games (200m) - Gold - 21.38
- 2013 Canadian Junior Championship (100m) - Gold - 10.53
- 2013 Canadian Junior Championship (200m) - Gold - 20.90
- 2013 Canadian Championship (100m) - 4 - 10.35
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=23172



Athlete Name: Fawn Dorr

Sport / Event: Athletics / 4x400m

DOB: April 19, 1987

Hometown: Marten River, Ont.

Club / Coach: Unattached Ontario / Dr. Marco

Twitter: @FawnDorr

Facebook: <https://www.facebook.com/fawn.dorr>

Instagram: fawndorr

Career Highlights:

Personal Best of 56.26 (2013)

Major Competitions:

- 2014 IAAF World Relays (4x400m) - 3fB - 3:32.58
- 2013 Canadian Championship (400mH) - Finalist
- 2012 Canadian Championship (400mH) - Silver - 56.50
- Complete profile here: http://athletics.ca/profile_new.asp?pID=21331



Athlete Name: Derek Drouin

Sport / Event: Athletics / High Jump

DOB: March 6, 1990

Height /Weight: 195cm / 80kg

Hometown: Corunna, Ont.

Club / Coach: Sarnia Athletics Southwest T.F.C. / Jeff Huntoon & Joel Skinner

Twitter: @ddrouin10

Facebook: <https://www.facebook.com/derek.drouin.92>

Career Highlights:

Pending Canadian Record of 2.40m (2014) - Ranked #1 in Canada (2013) - Canadian Record of 2.38m (2013) - Canadian Indoor Record of 2.35m (2013) - World Championship Bronze Medallist (2013) - Olympic Bronze Medallist (2012)

Major Competitions:

- 2014 Diamond League – Silver – 2.37m
- 2014 Drake Relays – Gold – 2.40m (Canadian Record)
- 2013 Francophone Games - Gold - 2.30m
- 2013 IAAF World Championship in Athletics - Bronze - 2.38m (Canadian Record)
- 2013 Canadian Championship - Gold - 2.31m
- 2013 NCAA D1 Championship - Gold - 2.35m (Canadian Indoor Record)
- 2012 Olympic Games - Bronze - 2.29m
- 2012 Canadian Championship - Gold - 2.31m
- 2009 Panamerican Junior Championship - Gold - 2.27m (Meet Record)
- 2008 Commonwealth Youth Games - Bronze - 2.09m
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=4700



Athlete Name: Alexandre Dupont

Sport / Event: Athletics / T54 1500m

DOB: September 3, 1985

Height /Weight: 178cm / 65kg

Hometown: Bradwell, Sask.

Club / Coach: Parasports Québec / Rick Reelie

Career Highlights:

Paralympian (2012) - Personal Best of 3:04.57 (2012) - Canadian Record in T54 4x400m relay of 3:09.69 (2010)

Major Competitions:

- 2014 Soiree Select #3 (1500m) – Gold – 3:09.71
- 2014 Arizona Disabled Sports (1500m) – Gold – 3:09.32
- 2013 IPC World Championship (400m) - 4sf2 - 49.49
- 2013 IPC World Championship (800m) - 4sf1 - 1:38.22
- 2013 IPC World Championship (1500m) - 6sf2 - 3:05.98
- 2013 IPC World Championship (5000m) - 6sf1 - 10:59.34
- 2013 Canadian Championship (1500m) - Bronze - 3:29.32
- 2012 Paralympic Games (400m) - 4h1 - 51.17
- 2012 Paralympic Games (800m) - 6h3 - 1:39.73
- 2012 Paralympic Games (5000m) - 9h3 - 11:31.10
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=5632



Athlete Name: Crystal Emmanuel

Sport / Event: Athletics / 200m

DOB: November 27, 1991

Height /Weight: 169cm / 59kg

Hometown: East York, Ont.

Club / Coach: Project Athletics Track & Field Club / Desai Williams

Twitter: @pinkypie91

Facebook: www.facebook.com/Sprinter100mAnd200mAndRelay4x1

Career Highlights:

National Track League Champion (2013) - Personal Best of 22.89 in 200m (2013) Canadian Record in 4x100m of 42.99 (2013) - Olympian (2012) - Personal Best of 11.34 in 100m (2012) - Canadian Junior Record in 4x100m of 44.77 (2010)

Major Competitions:

- 2014 IAAF World Relays (4x100m) - 1fB - 43.33
- 2014 Ottawa Springtime High Performance Meet (200m) – Gold – 23.04
- 2014 NTC Pure Athletics Sprint Elite Meet (200m) – 8 – 23.62
- 2013 Francophone Games (200m) - Gold - 23.63
- 2013 IAAF World Championship in Athletics (4x100m) - 6 - 43.28
- 2013 Canadian Championship (200m) - Silver - 23.03
- 2012 Olympic Games (200m) - 7sf3 - 23.28
- 2012 NACAC U-23 Championship (100m) - Bronze - 11.43
- 2010 IAAF World Junior Championship (4x100m) - 6 - 44.84
- 2010 IAAF World Junior Championship (200m) - 3sf2 - 23.96
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=8887



Athlete Name: Sultana Frizell

Sport / Event: Athletics / Hammer Throw

DOB: October 24, 1984

Height /Weight: 178cm / 100kg

Hometown: Perth, Ont.

Club / Coach: Ottawa Lions T.F.C. / Derek Evely

Twitter: @Sultythrows

Facebook: <https://www.facebook.com/profile.php?id=4917621>

Career Highlights:

Pending Canadian Record of 75.73m (2014) - National Track League Champion (2013) - Olympian (2008 & 2012) - Canadian Record of 75.04 (2012)

Major Competitions:

- 2014 Tucson Elite Throws Classic – Gold – 75.73m (Canadian Record)
- 2014 Mt. Sac Relays – Gold – 74.98m
- 2013 IAAF World Championship in Athletics - 7qA - 69.06m
- 2013 Canadian Championship - Gold - 68.23m
- 2012 Olympic Games - 14qA - 67.45m
- 2011 Panamerican Games - Silver - 70.11m
- 2010 Commonwealth Games - Gold - 68.57m
- 2009 IAAF World Championship in Athletics - 10 - 70.88m
- 2008 Olympic Games - 17 - 65.44m
- 2007 Panamerican Games - 7 - 63.25m
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=4766



Athlete Name: Phylicia George

Sport / Event: Athletics / 4x100m

DOB: November 16, 1987

Height /Weight: 178cm / 68kg

Hometown: Markham, Ont.

Club / Coach: Project Athletics Track & Field Club / Anthony McCleary

Twitter: @phyliciageorge

Facebook: <https://www.facebook.com/phyliciageorge>

Instagram: phyliciageorge

Career Highlights:

Personal Best of 12.65 (2012) - Olympian (2012) - National Track League Champion (2011)

Major Competitions:

- 2014 Ottawa Springtime High Performance Meet (100m) – 4 – 11.55
- 2012 Olympic Games - 6 - 12.65
- 2012 Canadian Championship - Silver - 12.72
- 2012 Diamond League (Doha) - Bronze - 12.79
- 2011 IAAF World Championship in Athletics - 7 - 17.97
- 2011 Canadian Championship - Silver - 12.89
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=7823



Athlete Name: Elizabeth Gleadle

Sport / Event: Athletics / Javelin

DOB: December 5, 1988

Height /Weight: 188cm / 80kg

Hometown: Vancouver, BC.

Club / Coach: Chinook Track & Field Club / Larry Steinke

Twitter: @lgjavelin

Facebook: <https://www.facebook.com/liz.gleadle>

Instagram: lgjavelin

Career Highlights:

Pending Canadian Record of 64.50m (2014) - Canadian Record of 61.15m (2012) - Olympian (2012) - Canadian Junior Record of 52.36m (2007) - Canadian Youth Record of 50.53m (2005)

Major Competitions:

- 2014 Chinook Throws Gala – Gold – 64.50m (Canadian Record)
- 2012 Olympic Games - 12 - 58.78m
- 2012 Canadian Championship - Gold - 60.13m
- 2011 Summer Universiade FISU - 8 - 52.07m
- 2011 Canadian Championship - Silver - 50.18m
- 2010 NACAC U23 Championship - Gold - 53.72m
- 2009 Summer Universiade FISU - 6 - 58.21 (Previous Canadian Record)
- 2008 NACAC U23 Championship - Gold - 51.76m
- 2006 IAAF World Junior Championship - 12 - 48.08m
- 2005 IAAF World Youth Championship - 5 - 50.53m (Canadian Youth Record)
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4767



Athlete Name: Matthew Hughes

Sport / Event: Athletics / 3000m Steeplechase

DOB: August 3, 1989

Height /Weight: 183cm / 63kg

Hometown: Oshawa, Ont.

Club / Coach: Unattached Ontario / Wynn Gmitroski

Twitter: @HugheSteeple

Instagram: hughesteeple

Career Highlights:

Canadian Record of 8:11.64 (2013)

Major Competitions:

- 2014 USATF High Performance Distance Classic (3000m SC) – Bronze – 8:29.65
- 2014 Mt. Sac Relays (3000m SC) – Gold – 8:35.87
- 2013 IAAF World Championship in Athletics - 6 - 8:11.64
- 2013 Canadian Championship - Gold - 8:29.50
- 2012 Canadian Championship - Silver - 8:47.65
- 2011 IAAF World Championship in Athletics - 10h3 - 8:58.52
- 2011 Canadian Championship - Silver - 8:58.05
- 2011 NCAA D1 Championship - Gold - 8:24.87
- 2010 NCAA D1 Championship - Gold - 8:34.18
- 2008 IAAF World Junior Championship - 7h2 - 9:01.82
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=14230



Athlete Name: Kimberly Hyacinthe

Sport / Event: Athletics / 200m

DOB: March 28, 1989

Height /Weight: 179cm / 62kg

Hometown: Lachenaie, Que.

Club / Coach: Vainqueurs Plus / Desai Williams & Anthony McCleary

Twitter: @KimHyacinthe

Facebook: <https://www.facebook.com/kimberly.hyacinthe>

Instagram: kimhyacinthe

Career Highlights:

Ranked #1 in Canada (2013) - Personal Best of 22.78 (2013) - Canadian Record in 4x100m of 42.99 (2013)

Major Competitions:

- IAAF World Relays - 1fB - 43.33
- 2014 Ottawa Springtime High Performance Meet – Silver – 23.25
- 2014 NTC/PURE Athletics Spring Invitational – 2f2 – 23.03
- 2013 IAAF World Championship in Athletics (4x100m) - 6 - 43.28
- 2013 IAAF World Championship in Athletics - 6sf3 - 23.12
- 2013 Summer Universiade FISU - Gold - 22.78
- 2013 Canadian Championship - Gold - 22.91
- 2012 Canadian Championship - Silver - 23.74
- 2011 IAAF World Championship in Athletics - 7h4 - 23.83
- 2011 Summer Universiade FISU - 5sf2 - 23.90
- 2011 Canadian Championship - Silver - 23.36
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4802



Athlete Name: Julie Labonté

Sport / Event: Athletics / Shot Put

DOB: January 12, 1990

Height /Weight: 183cm / 92kg

Hometown: Ste-Justine, Que.

Club / Coach: Fleur de Lys / Craig Carter & Daniel Labonté

Twitter: @jlabonte120190

Facebook: <https://www.facebook.com/julie.labonte.35>

Career Highlights:

Ranked #1 in Canada in both Discus and Shot Put (2013) - Olympian (2012) - Canadian Indoor Record in Shot Put of 18.01m (2012) - Canadian Record in Shot Put of 18.31m (2011) -

Major Competitions:

- 2014 LSU Alumni Gold – Gold – 17.45m
- 2013 Summer Universiade FISU - 6 - 17.60m
- 2012 Olympic Games - 11qA - 17.48m
- 2011 IAAF World Championship in Athletics - 9qA - 18.04m
- 2011 NCAA D1 Championship - Gold - 18.31m (Canadian Record)
- 2010 NACAC U23 Championship - Bronze - 15.89m
- 2009 Francophone Games - Bronze - 15.93m
- 2009 Panamerican Junior Championship - Silver - 16.29m
- 2008 Commonwealth Youth Games - Gold - 15.02m
- 2008 IAAF World Junior Championship - 7qB - 14.96m
- 2007 IAAF World Youth Championship - 10 - 13.54m
- Complete profile here: http://www.athletics.ca/profile_new.asp?PID=4798



Athlete Name: Cameron Levins

Sport / Event: Athletics / 10000m

DOB: March 28, 1989

Height /Weight: 180cm / 65kg

Hometown: Black Creek, B.C.

Club / Coach: Speed River West

Twitter: @CamLevins

Facebook: www.facebook.com/pages/Cam-Levins/299561896809769

Career Highlights:

Ranked #1 in Canada in 5000m (2013) - Personal Best of 13:15.19 in 5000m (2013) - Olympian (2012) - Personal Best of 27:27.96 in 10000m (2012)

Major Competitions:

- 2014 Payton Jordan Cardinal Invitational (10000m) - 2f1 - 27:36.00
- 2013 IAAF World Championship in Athletics (10000m) - 14 - 27:47.89
- 2013 Canadian Championship (5000m) - Gold - 14:11.63
- 2013 IAAF World Cross Country Championship (12km) - 41 - 34:27
- 2013 NACAC Cross Country Championship (8km) - Silver - 24:47
- 2012 Olympic Games (5000m) - 14 - 13:51.87
- 2012 Olympic Games (10000m) - 11 - 27:40.68
- 2012 Canadian Championship (5000m) - Gold - 14:34.82
- 2012 NCAA D1 Championship (5000m) - Gold - 13:40.05
- 2012 NCAA D1 Championship (10000m) - Gold - 28:07.14
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=7454



Athlete Name: Oluwasegun Makinde

Sport / Event: Athletics / 4x100m

DOB: July 6, 1991

Height /Weight: 180cm / 82kg

Hometown: Ottawa, Ont.

Club / Coach: Ottawa Lions T.F.C. / Glenroy Gilbert

Twitter: @SegunMakinde

Instagram: segunmakinde

Career Highlights:

Personal Best of 20.62 (2013) - IAAF World Championship 4x100m Relay Bronze Medallist (2013) - Olympian (2012)

Major Competitions:

- 2014 Ottawa Springtime High Performance Meet (100m) – Bronze – 10.38
- 2014 Virginia Challenge (100m) – 7 – 10.39
- 2014 Liberty Twilight (100m) – Silver – 10.22
- 2013 Francophone Games (200m) - Gold - 20.80
- 2013 Francophone Games (4x100m) - Gold - 39.14
- 2013 IAAF World Championship Team Member
- 2013 Summer Universiade FISU (200m) - 4 - 20.61
- 2013 Canadian Championship (200m) - Bronze - 21.33
- 2012 Canadian Championship (200m) - Silver - 20.75
- 2011 Summer Universiade FISU (200m) - 5 - 20.83
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=5217



Athlete Name: Lanni Marchant

Sport / Event: Athletics / Marathon

DOB: April 11, 1984

Height /Weight: 155cm / 45kg

Hometown: London, Ont.

Club / Coach: London-Western T.F.C. / Dave Mills

Twitter: @LJM5252

Facebook: <https://www.facebook.com/lanni.marchant>

Career Highlights:

Pending Canadian Record of 1:10:47 in the Half Marathon (2014) - Canadian Record of 2:28:00 in the marathon (2013)

Major Competitions:

- 2014 Calgary Marathon (Half Marathon) – 5 – 1:15:55.00
- 2014 Boston Marathon (Marathon) – 105 – 2:30:34.00
- 2014 Stanford Invitational (10000m) – Bronze – 32:29.61
- 2014 Tom King Classic (Half Marathon) – Gold – 1:10:47.00 CRp
- 2013 Scotiabank Toronto Waterfront Marathon - 20 - 2:28:00 (Canadian Record)
- 2013 Canadian Championship (10km) - Gold - 34:08
- 2013 IAAF World Championship in Athletics - 44 - 3:01:54
- 2012 Marathon Rotterdam - 5 - 2:31:51
- 2011 Ottawa Race Weekend - 48 - 2:49:11
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=5217



Athlete Name: Michael Mason

Sport / Event: Athletics / High Jump

DOB: September 30, 1986

Height /Weight: 186cm / 70kg

Hometown: Abbotsford, B.C.

Club / Coach: Valley Royals Track & Field Club / Zbigniew Szelagowicz

Facebook: <https://www.facebook.com/michael.mason.35110>

Career Highlights:

National Track League Champion (2013) - Personal Best of 2.31m (2012) - Olympian (2008 & 2012)

Major Competitions:

- 2014 Mt. Sac Relays – Gold – 2.28m
- 2013 IAAF World Championship - 12qA - 2.17m
- 2012 Olympic Games - 8 - 2.29m
- 2010 Commonwealth Games - 7 - 2.20m
- 2009 Canadian Championship - Gold - 2.21m
- 2009 Summer Universiade FISU - Silver - 2.23m
- 2008 Olympic Games - 8qB - 2.25m
- 2008 IAAF World Indoor Championship - 8 - 2.27m
- 2007 Summer Universiade FISU - 9qA - 2.21m
- 2004 IAAF World Junior Championship - Gold - 2.21m
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=9487



Athlete Name: Brandon McBride

Sport / Event: Athletics / 800m

DOB: June 15, 1994

Height /Weight: 195cm / 75kg

Hometown: Windsor, Ont.

Club / Coach: Windsor Legion Track & Field Club / Chris Scarrow

Twitter: @mcbride46

Facebook: <https://www.facebook.com/brandon.mcbride.12>

Instagram: mcbride46

Career Highlights:

Ranked #1 Junior in Canada (2013) - Personal Best of 45.89 (2013) - Canadian Junior Record in 4x400m relay of 3:07.61 (2013) - Canadian Junior Record of 1:46.07 in 800m (2012) - Canadian Youth Record of 46.83 (2011) - Canadian Youth Record in 4x400m relay of 3:17.31

Major Competitions:

- 2014 SEC Outdoor Championships (800m) – 1h – 1:47.13
- 2014 Mt. Sac Relays (800m) – 4f1 – 1:45.35
- 2013 Panamerican Junior Championship (400m) - Gold - 45.89
- 2013 Panamerican Junior Championship (4x400m) - Bronze - 3:07.61 (Canadian Jr Record)
- 2013 Canada Games (400m) - Gold - 46.18
- 2013 Canadian Junior Championship (400m) - Gold - 46.78
- 2012 IAAF World Junior Championship (800m) - 6 - 1:46.07 (Canadian Jr Record)
- 2012 Canadian Junior Championship (400m) - Gold - 46.25
- 2011 Legion Canadian Youth Championship (400m) - Gold - 46.83 (Canadian Yth Record)
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=10051



Athlete Name: Taylor Milne

Sport / Event: Athletics / 3000m Steeplechase

DOB: September 14, 1981

Height /Weight: 170cm / 61kg

Hometown: Guelph, Ont.

Club / Coach: Speed River Track & Field Club / Dave Scott-Thomas

Twitter: @taylorpmilne

Facebook: <https://www.facebook.com/taylor.milne.10>

Career Highlights:

Personal Best of 8:31.48 (2013) - National Track League Champion in 1500m (2012) - Olympian (2008)

Major Competitions:

- 2014 Speed River inferno (3000m SC) – Gold – 8:27.81
- 2014 USATF High Performance Distance Classic (3000m SC) – 4 - 8:31.43
- 2014 Payton Jordan Cardinal Invitational (3000m SC) – 5f1 – 8:34.57
- 2013 USATF High Performance Distance Classic - 6 - 8:31.48
- 2012 Canadian Championship (1500m) - Silver - 3:50.07
- 2011 Canadian Championship (1500m) - Silver - 3:50.40
- 2010 Commonwealth Games (1500m) - 11h1 - 3:49.53
- 2010 Canadian Championship (1500m) - Bronze - 3:45.17
- 2009 Canadian Championship (1500m) - Bronze - 3:48.88
- 2008 Olympic Games (1500m) - 9 - 3:41.56
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=4673



Athlete Name: Noelle Montcalm

Sport / Event: Athletics / 400m Hurdles

DOB: April 3, 1988

Height /Weight: 166cm / 53kg

Hometown: Belle River, Ont.

Club / Coach: University of Windsor Athletics Club / Don Garrod

Twitter: @noellemontcalm

Facebook: <https://www.facebook.com/noelle.montcalm>

Career Highlights:

Personal Best of 55.96 (2013)

Major Competitions:

- 2014 IAAF World Relays - 3fB - 3:32.58
- 2014 Speed River Inferno - Gold - 56.47
- 2013 Francophone Games - Silver - 57.52
- 2013 Francophone Games (4x400m) - Silver - 3:34.25
- 2013 IAAF World Championship in Athletics - 8h4 - 57.50
- 2013 IAAF World Championship in Athletics (4x400m) - 5h3 - 3:31.09
- 2013 Summer Universiade FISU - 3h2 - 58.04
- 2013 Summer Universiade FISU - Silver - 3:32.93
- 2013 Canadian Championship - Gold - 56.43
- 2012 Canadian Championship - Bronze - 56.87
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=5053



Athlete Name: Carline Muir

Sport / Event: Athletics / 4x400m

DOB: October 1, 1987

Height /Weight: 173cm / 60kg

Hometown: Edmonton, Alta.

Club / Coach: Unattached Alberta / Lance Brauman

Twitter: @CarlineMuir

Facebook: <https://www.facebook.com/carlinemuir>

Career Highlights:

Personal Best of 51.55 (2008) - Olympian (2008)

Major Competitions:

- 2014 IAAF World Relays - 3fB - 3:32.58
- 2014 NTC Pure Athletics Sprint Elite Meet- 4 - 53.46
- 2010 Commonwealth Games - 6 - 52.43
- 2010 Commonwealth Games (4x400m) - Bronze - 3:30.20
- 2010 Canadian Championship - Gold - 52.41
- 2009 Canadian Championship - Silver - 52.67
- 2009 IAAF World Championship in Athletics (4x400m) - 6 - 3:29.17
- 2009 Summer Universiade FISU - Bronze - 52.07
- 2009 Summer Universiade FISU (4x400m) - Gold - 3:33.09
- 2008 Olympic Games - 7sf - 52.37
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4804



Athlete Name: Timothy Nedow

Sport / Event: Athletics / Shot Put

DOB: October 16, 1990

Height /Weight: 195cm / 100kg

Hometown: Brockville, Ont.

Club / Coach: Unattached Ontario / Darrin Reesal & Anatoliy Bondarchuk

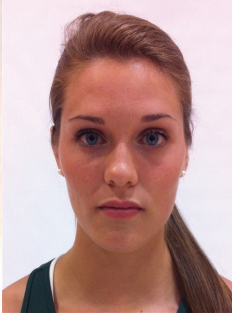
Twitter: @timmaythrows

Career Highlights:

Personal Best of 20.74m (2013)

Major Competitions:

- 2014 UCSD Triton Invitational - 1f3 - 20.98m
- 2013 Francophone Games - Bronze - 19.09m
- 2013 IAAF World Championship in Athletics - 12qA - 18.72m
- 2013 Summer Universiade Team Member
- 2013 Canadian Championship - Gold - 20.72m
- 2012 NACAC U23 Championship - 4 - 18.99m
- 2012 Canadian Championship - Bronze - 20.21m
- 2011 Summer Universiade - 12 - 18.13m
- 2011 Canadian Championship - Silver - 18.69m
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4967



Athlete Name: Alysha Newman

Sport / Event: Athletics / Pole Vault

DOB: June 29, 1994

Height /Weight: 175cm / 63kg

Hometown: Delaware, Ont.

Club / Coach: London Legion Track & Field Alliance / Zdenek Krykorka & Jerel Langley

Facebook: <https://www.facebook.com/newman.xo>

Instagram: alyshanewman

Career Highlights:

Canadian Junior Record of 4.40m (2013) - Canadian Junior Indoor Record of 4.23m (2013) - Canadian Youth Record of 3.91m (2010 & 2011)

Major Competitions:

- 2014 NCAA Division I Championships – 1h – 4.20m
- 2014 Georgia Tech Invitational – Gold – 4.41m
- 2014 Florida Relays – Silver – 4.25m
- 2014 Universtiy of Miami Invitational – Gold – 4.00m
- 2013 Francophone Games - 5 - 4.10m
- 2013 Panamerican Junior Championship - Gold - 4.40m (Canadian Jr Record)
- 2013 Canadian Championship - Bronze - 4.00m
- 2012 Canadian Junior Championship - Gold - 3.75m
- 2012 IAAF World Junior Championship - 12qB - 3.65m
- 2011 IAAF World Youth Championship - 12 - 3.75m
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=8072



Athlete Name: Christabel Nettey

Sport / Event: Athletics / Long Jump

DOB: June 2, 1991

Hometown: Surrey, B.C.

Club / Coach: Unattached B.C. / Dan Pfaff

Facebook: <https://www.facebook.com/profile.php?id=543110124>

Career Highlights:

Personal Best of 6.75m - Canadian Youth Record of 6.21m (2008)

Major Competitions:

- 2014 American Tack League – Silver – 6.70m
- 2014 Mr. Sac Relays – Silver – 6.47m
- 2013 Francophone Games - Bronze - 6.63m
- 2013 IAAF World Championship in Athletics - 9qB - 6.47m
- 2013 Summer Universiade FISU - 8qB - 6.22m
- 2013 Canadian Championship - Gold - 6.49m
- 2012 NACAC U23 Championship - Gold - 6.18m
- 2012 Canadian Championship - Silver - 6.44m
- 2011 Canadian Championship - 5 - 6.26m
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4808



Athlete Name: Jessica O'Connell

Sport / Event: Athletics / 5000m

DOB: February 10, 1989

Height /Weight: 158cm / 48kg

Hometown: Calgary, Alta.

Club / Coach: University of Calgary Athletics Club / Mike Van Tighem

Twitter: @jess_oconnell

Facebook: <https://www.facebook.com/jessica.oconnell2?fref=ts>

Instagram: jessmoconnell

Career Highlights:

Personal Best of 15:50.65 (2013)

Major Competitions:

- 2014 Payton Jordan Cardinal Invitational – 7f1 – 15:13.21
- 2014 Mt. Sac Relays– 4 – 15:33.29
- 2014 NACAC Cross Country Championships (6km) – 4 – 20:45.27
- 2013 Canadian Championship - 10 - 17:04.65
- 2013 Mt Sac Relays - Silver - 15:50.65
- 2012 NCAA D1 Championship - 19 - 17:10.43
- 2010 NACAC U23 Championship - Gold - 17:15.73
- 2010 NACAC U23 Championship (1500m) - Silver - 4:25.78
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4963



Athlete Name: Philip Osei

Sport / Event: Athletics / 4x400m

DOB: October 30, 1990

Height /Weight: 176cm / 67kg

Hometown: Toronto, Ont.

Club / Coach: Project Athletics Track & Field Club / Desai Williams & Anthony McCleary

Twitter: @osei_showabs

Instagram: osei_showabs90

Career Highlights:

National Track League Champion (2013) - Personal Best of 45.51 (2012)

Major Competitions:

- 2014 IAAF World Relays (4x400m) - 6 - 3:04.67
- 2014 Ottawa Springtime High Performance Meet - Bronze - 47.52
- 2014 NTC/PURE Athletics Spring Invitational - 6f1 - 47.96
- 2013 Francophone Games - 4 - 46.89
- 2013 Canadian Championship - Gold - 46.47
- 2012 NACAC U23 Championship - Silver - 45.51
- 2012 Canadian Championship - Silver - 46.29
- 2011 Panamerican Games (4x400m) - 5 - 3:07.12
- 2011 Canadian Championship - Bronze - 46.86
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=5837



Athlete Name: Dontae Richards-Kwok

Sport / Event: Athletics / 4x100m

DOB: March 1, 1989

Height /Weight: 183cm / 75kg

Hometown: Toronto, Ont.

Club / Coach: Project Athletics Track & Field Club / Desai Williams & Anthony McCleary

Career Highlights:

World Championship Bronze Medallist in 4x100m relay (2013) - Personal Best of 10.12 in 100m (2013) - Personal Best of 20.74 in 200m (2012)

Major Competitions:

- 2014 IAAF World Relays (4x100m) - 6 - 38.55
- 2014 Ottawa Springtime High Performance Meet - 4 - 10.40
- 2013 Francophone Games (4x100m) - Gold - 39.14
- 2013 Francophone Games - Silver - 10.46
- 2013 IAAF World Championship in Athletics (4x100m) - Bronze - 37.92
- 2013 Canadian Championship - 7 - 10.37
- 2011 Panamerican Games (4x400m) - 5 - 3:07.12
- 2011 Panamerican Games - 5h5 - 10.61
- 2011 Summer Universiade FISU - 8 - 10.60
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=5835



Athlete Name: Michael Robertson

Sport / Event: Athletics / 4x400m

DOB: June 18, 1989

Height /Weight: 185cm / 83kg

Hometown: Williamstown, Ont.

Club / Coach: Ottawa Lions T.F.C. / Glenroy Gilbert

Twitter: @mikeroberatson17

Facebook: <https://www.facebook.com/michael.robertson.319>

Career Highlights:

Personal Best of 46.32 (2013)

Major Competitions:

- 2014 Ottawa Springtime High Performance Meet (400m) – Gold – 46.29
- 2014 Virginia Challenge (400m) – Silver – 47.29
- 2014 Liberty Twilight (400m) – Bronze – 47.34
- 2013 Summer Universiade FISU (4x400m) - Silver - 3:05.26
- 2013 Canadian Championship - Bronze - 47.30
- 2011 Panamerican Games (4x400m) - 5 - 3:07.12
- 2011 Summer Universiade - 7sf2 - 47.52
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=5219



Athlete Name: Justin Rodhe

Sport / Event: Athletics / Shot Put

DOB: October 17, 1984

Height /Weight: 183cm / 125kg

Hometown: Kamloops, B.C.

Club / Coach: Kamloops Track & Field Club

Twitter: @RODHETHROWS

Facebook: <https://www.facebook.com/justin.rodhe>

Career Highlights:

Personal Best of 21.29m (2013) - National Track League Champion (2012 & 2013) - Olympian (2012)

Major Competitions:

- 2014 Tucson Elite Throws Classic – 5f1 – 19.88m
- 2014 John Jacobs Invitational – 6 – 20.19m
- 2014 Jim Click Shootout – Gold – 20.09m
- 2013 Canadian Championship - Bronze - 19.61m
- 2012 Olympic Games Team Member
- 2012 Canadian Championship - Silver - 20.30m
- 2012 IAAF World Challenge - 4 - 20.51m
- Complete profile here: http://www.athletics.ca/profile_new.asp?PID=8794



Athlete Name: Brendon Rodney

Sport / Event: Athletics / 200m

DOB: April 9, 1992

Height /Weight: 190cm / 84kg

Hometown: Toronto, Ont.

Club / Coach: Unattached Ontario / Martin Douglas

Twitter: @BuckyGotEm

Facebook: <https://www.facebook.com/Bucky>

Instagram: buckkyjr

Career Highlights:

Personal Best of 20.60 (2013)

Major Competitions:

- 2014 Northeast Conference Championships (200m) – Gold – 20.41
- 2014 Northeast Conference Championships (200m) – 1h – 20.97
- 2014 Larry Ellis Invite (200m) – Silver -20.92
- 2014 Florida Relays (200m) – 12 – 20.76
- 2013 Summer Universiade FISU - 5 - 20.72
- 2013 Summer Universiade FISU (4x400m) - Silver - 3:05.26
- 2013 Canadian Championship - 4 - 21.48
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=8476



Athlete Name: Diane Roy

Sport / Event: Athletics / T54 1500m

DOB: January 9, 1971

Height /Weight: 160cm / 45kg

Hometown: Sherbrooke, Que.

Club / Coach: Sherbrooke / Jean Laroche

Web Site: <http://www.dianeroy.com/web/>

Twitter: @dianeroy71

Career Highlights:

Ranked #1 in Canada (2013) - Canadian Record of 3:21.39 in 1500m (2010) - Canadian Record of 11:16.96 in 5000m (2010) - 5-time Paralympian (2012, 2008, 2004, 2000, 1996) - 5-time Paralympic Games Medallist (2008 & 2004) - 6-time IPC World Championship Medallist

Major Competitions:

- 2014 Soiree Select #3 (1500m) – Gold – 3:38.86
- 2013 IPC World Championship (1500m) - 4 - 3:34.65
- 2012 Paralympic Games (1500m) - 4 - 3:37.17
- 2011 IPC World Championship (400) - Silver - 56.90
- 2011 IPC World Championship (800m) - Bronze - 1:52.88
- 2011 IPC World Championship (1500m) - Silver - 3:36.32
- 2010 Commonwealth Games (1500m) - Gold - 3:53.95
- 2008 Paralympic Games (400m) - Bronze - 54.72
- 2008 Paralympic Games (800m) - Bronze - 1:48.07
- 2008 Paralympic Games (5000m) - Silver - 12:29.08
- 2007 IAAF World Championship in Athletics (1500m) - 6 - 3:40.38
- 2006 Commonwealth Games (800m) - Bronze - 1:53.76
- 2006 IPC World Championship (1500m) - Silver - 3:42.37
- 2006 IPC World Championship (5000m) - Bronze - 13:41.55
- 2006 IPC World Championship (Marathon) - Gold - 1:44:23
- 2004 Paralympic Games (400m) - Bronze - 54.80
- 2004 Paralympic Games (1500m) - Bronze - 3:28.62
- 2004 Olympic Games (800m) - 4 - 1:54.22
- 2002 Commonwealth Games (800m) - 5 - 2:01.38
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=8234



Athlete Name: Nicole Sifuentes

Sport / Event: Athletics / 1500m

DOB: June 30, 1986

Height /Weight: 179cm / 55kg

Hometown: Winnipeg, Man.

Club / Coach: Unattached Manitoba / Mike McGuire

Twitter: @ndsifuentes

Facebook: <https://www.facebook.com/NicoleSifuentesTrack>

Instagram: ndsifuentes

Career Highlights:

Canadian Indoor Record (2014) - IAAF World Indoor Bronze Medallist (2014) - Personal Best of 4:04.65 (2013) - Olympian (2012)

Major Competitions:

- 2014 Open and Masters Classic – Gold – 4:07.24
- 2014 IAAF World Indoor Championship - Bronze - 4:07.61 (Canadian Record)
- 2013 IAAF World Championship in Athletics - 9sf1 - 4:06.30
- 2013 Canadian Championship - Silver - 4:16.84
- 2012 Olympic Games - 11sf2 - 4:06.33
- 2010 Commonwealth Games - 5 - 4:08.16
- 2010 IAAF World Indoor Championship - 9h2 - 4:16.46
- 2008 NACAC U23 Championship - Gold - 4:36.27
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4884



Athlete Name: Gavin Smellie

Sport / Event: Athletics / 200m

DOB: June 26, 1986

Height /Weight: 180cm / 80kg

Hometown: Etobicoke, Ont.

Club / Coach: Ottawa Lions Track & Field / Desai Williams

Twitter: @GavinSmellie

Facebook: <https://www.facebook.com/gavin.smellie>

Career Highlights:

World Championship Bronze Medallist in 4x100m relay (2013) - Personal Best of 10.14 (2012) - Olympian (2012)

Major Competitions:

- 2014 IAAF World Relays (4x100m) - 6 - 38.55
- 2014 NTC Pure Athletics Elite Meet (200m) – Gold – 20.33
- 2013 IAAF World Championship in Athletics - 8sf2 - 10.30
- 2013 IAAF World Championship in Athletics (4x100m) - Bronze - 37.92
- 2013 Canadian Championship - Bronze - 10.35
- 2012 Olympic Games (4x100m) - Finalist
- 2011 IAAF World Championship in Athletics (4x100m) - 6h3 - 39.28
- 2009 IAAF World Championship in Athletics (200m) - 8qf1 - 20.71
- 2009 Summer Universiade FISU (200m) - 6 - 20.84
- 2009 Summer Universiade FISU (4x100m) - Bronze - 40.27
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=4993



Athlete Name: Jessica Smith

Sport / Event: Athletics / 800m

DOB: October 11, 1989

Height /Weight: 173cm / 52kg

Hometown: North Vancouver, B.C.

Club / Coach: Valley Royals Track & Field Club / Brit Townsend

Twitter: @jsmith800m

Career Highlights:

Personal Best of 1:59.86 (2012)

Major Competitions:

- 2014 American Track League - Silver - 2:01.63
- 2014 USATF High Performance Distance Classic - 7 - 2:01.78
- 2014 Mt. Sac Relays - 4f1 - 2:01.42
- 2013 Francophone Games - 8 - 2:09.31
- 2013 Summer Universiade FISU - 6 - 2:00.43
- 2013 Canadian Championship - 4 - 2:03.96
- 2012 Olympic Games - 7sf3 - 2:01.90
- 2012 Canadian Championship - Bronze - 2:07.70
- 2010 NACAC U23 Championship - Gold - 2:04.96
- 2010 NACAC U23 Championship (4x400m) - Bronze - 3:40.09
- Complete profile here: http://www.athletics.ca/profile_new.asp?PID=4695



Athlete Name: James Steacy

Sport / Event: Athletics / Hammer Throw

DOB: May 29, 1984

Height /Weight: 188cm / 122kg

Hometown: Lethbridge, Alta.

Club / Coach: Chinook Track & Field Club / Larry Steinke

Twitter: @JimSteacy

Facebook: <https://www.facebook.com/jim.steacy>

Career Highlights:

Olympian (2008 & 2012) - Canadian Record of 79.13m (2008) - Previous Canadian Junior Record of 74.09m (2003)

Major Competitions:

- 2014 Chinook Throws Gala – Gold – 75.27m
- 2013 Francophone Games - 5 - 70.34m
- 2013 Canadian Championship - Gold - 72.96m
- 2012 Olympic Games Team Member
- 2011 IAAF World Championship in Athletics - 10qB - 76.27m
- 2009 Summer Universiade - Silver - 74.88m
- 2008 Olympic Games - 10 - 75.72m
- 2007 IAAF World Championship in Athletics - 6qA - 74.11m
- 2007 Panamerican Games - Gold - 73.77m
- 2006 Commonwealth Games - Silver - 74.75m
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=4679



Athlete Name: Chanice Taylor-Chase

Sport / Event: Athletics / 400m Hurdles

DOB: August 6, 1993

Height /Weight: 172cm / 61kg

Hometown: Ajax, Ont.

Club / Coach: Durham Legion Athletics / Percival Marsh

Twitter: @ChaniceChase

Facebook: <https://www.facebook.com/chanice.taylorchase>

Instagram: chanicechase_

Career Highlights:

Personal Best of 56.27 (2014) - Holds Canadian Junior Record in the 4x400m (2010)

Major Competitions:

- NCAA D1 East Prelims - 3sf - 56.40
- SEC Outdoor Championships - 5 - 56.27 (Personal Best)
- 2010 Canadian Championships (400m) - Bronze - 53.96
- 2010 IAAF World Junior Championships (400m) - 3sf3 - 53.72
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=25876



Athlete Name: Brianne Theisen-Eaton

Sport / Event: Athletics / Heptathlon

DOB: December 18, 1988

Height /Weight: 175cm / 65kg

Hometown: Humboldt, Sask.

Club / Coach: Unattached Saskatchewan / Harry Marra

Twitter: @briannetheisen

Facebook: <https://www.facebook.com/brianne.theisen.9>

Instagram: briannetheisen

Career Highlights:

Pending Canadian Record of 6641 (2014) - Personal Best of 6530 (2013) - IAAF World Indoor Championship Silver Medallist - IAAF World Championship Silver Medallist (2013) - Olympian (2012)

Major Competitions:

- 2014 IAAF World Combined Events Challenge – Silver – 6641 (Canadian Record)
- 2014 IAAF World Indoor Championship - Silver (Pentathlon) - 4768 (Canadian Indoor Record)
- 2013 IAAF World Championship in Athletics - Silver - 6530
- 2013 Canadian Championship - Gold - 6233
- 2013 Gotzis Hypo Meeting IAAF World Combined Events Challenge - Gold - 6376
- 2013 Decaster IAAF World Combined Events Challenge - Bronze - 6252
- 2012 Olympic Games - 11 - 6383
- 2012 Canadian Championship - Silver - 6393
- 2012 NCAA D1 Championship - Gold - 6440
- 2010 NCAA D1 Championship - Gold - 6094
- Complete profile here: http://www.athletics.ca/profile_new.asp?pID=4818



Athlete Name: Kate Van Buskirk

Sport / Event: Athletics / 1500m

DOB: June 9, 1987

Height /Weight: 178cm / 60kg

Hometown: Toronto, Ont.

Club / Coach: Athletics Toronto / Dave Reid

Twitter: @K8VBeast

Facebook: <https://www.facebook.com/kate.vanbuskirk.75>

Career Highlights:

Personal Best of 4:07.36 (2013) - National Track League Champion (2012)

Major Competitions:

- 2014 USATF High Performance Distance Classic - Gold - 4:06.97
- 2014 Payton Jordan Cardinal Invitational - 2f1 - 4:08.73
- 2013 Francophone Games - 4 - 4:20.00
- 2013 IAAF World Championship in Athletics - 6sf2 - 4:07.36
- 2013 Canadian Championship - Gold - 4:16.45
- 2012 Canadian Championship - 4 - 4:14.61
- 2011 Summer Universiade FISU - 10 - 4:12.28
- 2011 Canadian Championship - 4 - 4:24.39
- 2011 NCAA D1 Championship - Bronze - 4:15.37
- Complete profile here: http://www.athletics.ca/profile_new.asp?PID=8676



Athlete Name: Damian Warner

Sport / Event: Athletics / Decathlon

DOB: October 4, 1989

Height /Weight: 185cm / 82kg

Hometown: London, Ont.

Club / Coach: London-Western T.F.C. / Vickie Croley & Gar Leyshon

Twitter: @DamianWarner

Facebook: <https://www.facebook.com/damian.warner.501>

Career Highlights:

Personal Best of 8512 (2013) - IAAF World Championship Bronze Medallist (2013) - Olympian (2012)

Major Competitions:

- 2013 IAAF World Championship in Athletics - Bronze - 8512
- 2013 Canadian Championship - Gold - 8145
- 2013 Gotzis Hypo-Meeting IAAF World Combined Events Challenge - Gold - 8307
- 2013 Decaster IAAF World Combined Events Challenge - Gold - 8161
- 2012 Olympic Games - 5 - 8442
- 2012 Canadian Championship - Gold - 8107
- 2011 IAAF World Championship in Athletics - 18 - 7832
- 2011 Canadian Championship - Gold - 8102
- 2011 NACAC Combined Event Championship - Silver - 7760
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=7721



Athlete Name: Angela Whyte

Sport / Event: Athletics / 100m Hurdles

DOB: May 22, 1980

Height /Weight: 170cm / 58kg

Hometown: Edmonton, Alta.

Club / Coach: Unattached Alberta / Wayne Phipps

Facebook: <https://www.facebook.com/angela.whyte.376>

Career Highlights:

Personal Best of 12.66 (2007 & 2013) - National Track League Champion (2013) - Olympian (2004 & 2008)

Major Competitions:

- 2013 IAAF World Championship in Athletics - 6 - 12.78
- 2013 Canadian Championship - Gold - 12.90
- 2011 Panamerican Games (4x100) - 5 - 44.33
- 2011 Panamerican Games - Silver - 13.09
- 2010 Commonwealth Games - Silver - 12.98
- 2009 IAAF World Championship in Athletics - 5h2 - 13.27
- 2008 Olympic Games - 5h3 - 13.11
- 2008 IAAF World Indoor Championship (60mH) - 4 - 8.16
- 2007 IAAF World Championship in Athletics - 8 - 12.66
- 2007 Panamerican Games - Bronze - 12.72
- 2006 Commonwealth Games - Silver - 12.94
- 2004 Olympic Games - 6 - 12.81
- 2003 Panamerican Games - 5 - 12.94
- 2002 Commonwealth Games - 5 - 13.17
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=8798



Athlete Name: Chris Winter

Sport / Event: Athletics / 3000m Steeplechase

DOB: July 22, 1986

Height /Weight: 188cm / 75kg

Hometown: Vancouver, B.C.

Club / Coach: Unattached British-Columbia / Dave Scott-Thomas

Twitter: @cwinter3

Facebook: <https://www.facebook.com/chriswinter2>

Instagram: chriswinter2

Career Highlights:

Personal Best of 8:28.46 (2012)

Major Competitions:

- 2014 Speed River Inferno – Silver – 8:31.25
- 2014 USATF High Performance Distance Classic – 6 – 8:36.83
- 2014 Payton Jordan Cardinal Invitational – 6f1 – 8:37.67
- 2013 Francophone Games - 5 - 8:54.28
- 2013 IAAF World Championship in Athletics - 8h3 - 8:29.36
- 2013 Canadian Championship - Silver - 8:32.00
- 2013 IAAF World Cross Country Championship (12km) - 33 - 34:15
- 2013 NACAC Cross Country Championship (8km) - 9 - 25:39
- 2012 Canadian Championship - Bronze - 8:48.66
- 2011 Canadian Championship - Bronze - 9:05.83
- Complete profile here: http://www.athletics.ca/profile_new.asp?pid=4715



Athlete Name: Jessica Zelinka

Sport / Event: Athletics / Heptathlon

DOB: September 3, 1981

Height /Weight: 174cm / 64kg

Hometown: London, Ont.

Club / Coach: Unattached Ontario / Cliff Rovelto

Twitter: @JessicaZelinka

Facebook: <https://www.facebook.com/JessicaZelinka>

Career Highlights:

Personal Best of 12.65 in 100mH (2012) - Canadian Record of 6599 in Heptathlon (2012) - Olympian (2008 & 2012) - Previous Canadian Junior Record of 5688 (2000)

Major Competitions:

- 2013 IAAF World Championship in Athletics (100mH) - 4h3 - 13.15
- 2012 Olympic Games (100mH) - 7 - 12.69
- 2012 Olympic Games (Heptathlon) - 7 - 6480
- 2012 Gotzis Hypo-Meeting IAAF World Combined Events Challenge (Heptathlon) - 6 - 6393
- 2011 IAAF World Championship in Athletics (Heptathlon) - 9 - 6268
- 2010 Commonwealth Games (Heptathlon) - Silver - 6100
- 2010 Decaster IAAF World Combined Events Challenge (Heptathlon) - Bronze - 6204
- 2008 Olympic Games (Heptathlon) - 5 - 6490 (previous Canadian Record)
- 2007 Panamerican Games (Heptathlon) - Gold - 6136
- 2000 IAAF World Junior Championship (Heptathlon) - 5 - 5688
- Complete profile here: http://www.athletics.ca/profile_new.asp?plD=4768



Coach's Name: Dr. Anatoliy Bondarchuk

Sport/Event: Athletics/ Throws

Hometown: Kamloops, BC.



Coach's Name: Vickie Croley
Sport/Event: Athletics/ Combined Events
Hometown: London, ON.
Club: London Western TFC



Coach's Name: Jeffrey Huntoon
Sport/Event: Athletics/ Jumps
Hometown: Bloomington, IN - USA
Club: Indiana University



Coach's Name: Anthony McCleary
Sport/Event: Athletics/ Sprints, Hurdles, Relays
Hometown: Pickering, ON.
Club: Athletics Canada



Coach's Name: Dave Scott-Thomas
Sport/Event: Athletics/ Endurance
Hometown: Guelph, ON.
Club: University of Guelph



Coach's Name: Desai Williams
Sport/Event: Athletics/ Sprints, Relays
Hometown: Mississauga, ON.
Club: Athletics Canada



Coach's Name: Peter Eriksson
Sport/Event: Athletics/ Head Coach
Hometown: Ottawa, ON.
Club: Athletics Canada



Coach's Name: Rick Reelie
Sport/Event: Para-Athletics/ Wheelchair
Hometown: Saskatoon, SK
Club: Cyclones Track Club

BADMINTON



Team Canada in Glasgow

The 2014 Canadian Commonwealth Games badminton team is led by three Olympians from the 2012 London Games: Toby Ng, Michelle Li and Alex Bruce. Bruce and Li reached the semifinals of the women's doubles in London and narrowly missed on a medal.

Michelle Li has now climbed to a top twenty spot in the World Rankings and will compete in singles in Glasgow, while Alex Bruce will compete in women's doubles with Phyllis Chan and in mixed doubles with Toby Ng.

Two young players representing the future of badminton in Canada have been selected to their first major international competition: 18 year old high school student from Toronto Rachel Honderich will play in women's singles, and 20 year old student from Ottawa Andrew D'Souza will play in men's singles, with the team completed by the men's double pair of Derrick Ng (brother of Toby Ng) and Adrian Liu.

Dates

July 24- August 3, 2014

Venue(s):

Emirates Arena

Number of Events:

Six events — Singles and doubles matches for men and women, mixed doubles and team mixed.

History

Variations of racket sports have been played for centuries throughout the world. In India in the mid-19th century, English army officers played a local racket game called “poona” which caught on quickly when they brought it back to England. In 1873, as the story is told, a group of poona players at the Duke of Beaufort’s estate in Badminton, England, were forced inside by rain and decided to adapt poona rules to indoor play. The first rules were drafted, laying the foundation for the sport of badminton, as we know it today.

Badminton was introduced to Canada by British troops in the late 19th century. First played in an organized manner in Ottawa, the sport quickly grew in popularity. In 1907, the Montreal Tennis and Badminton Club was formed. By 1914, the first club championships were held and, in 1921, the Canadian Badminton Association was formed. In 1934, Canada was a founding member of the International Badminton Federation (IBF) along with Denmark, England, France, the Netherlands, Ireland, New Zealand, Scotland and Wales. The IBF is now known as the Badminton World Federation. Currently, according to Statistics Canada, over two million people play a form of recreational badminton annually.

Badminton is a core sport at the Commonwealth Games for men and women, which made its debut in Kingston in 1966. The 2014 Commonwealth Games feature some of the world’s top badminton nations, including Malaysia, England, Singapore and India.

Overview

Badminton is the world’s fastest racket sport. The flight of the shuttlecock, a simple missile of cork and goose feather, has been recorded at speeds of 260 kilometres an hour. Players also need great stamina, as they have been known to cover more than six kilometres in a single match.

Badminton is played between two or four athletes. To score a point, badminton players hit the shuttlecock with their rackets in an attempt to make the shuttlecock land on their opponent’s court. Games are played to 21 points. You must win a game by at least two points and there is a point cap of 30. The player or team that wins the best of three games takes the match.

A coin is tossed before the first game to determine who will serve first. The winner of each rally scores a point, with the winner of the rally serving to start the next rally.

Equipment

The shuttlecock is made of a semi-spherical piece of cork coated with leather. On it are attached 16 goose feathers forming a cone. A shuttlecock must weigh between 4.74 and 5.50 g.

A racket has the following parts: grip, head, shaft and stringed area. It weighs between 85 and 100 g. Its length and width must not exceed 68 cm and 23 cm respectively.

Field of Play

The court is a 13.40 m x 5.18 m rectangle for singles and a 13.40 m x 6.10 m rectangle for doubles. The same court is used for single and double contests and only the line marks differ. The court is divided into two equal parts by a net attached to the posts at a height of 1.55 m.

For more Information:

Badminton Canada

2201 Riverside Drive, Suite 99

Ottawa, ON K1H 8K9

Tel: (613) 569-2424

Website: www.badminton.ca

Badminton World Federation (BWF): www.internationalbadminton.org

Media attaché in Glasgow: Yan Huckendubler



Athlete Name: Alex Bruce

Sport / Event: Badminton / Women's Doubles (partner: Phyllis Chan);
Mixed Doubles (partner: Toby Ng)

DOB: May 27, 1990

Hometown: Toronto, Ont.

Club / Coach: Various Clubs / Stephane Cadieux

Twitter: @alexbruce

Instagram: alexbruce46

Career Highlights:

Personal best: 2012 Olympics 4th place (WD); 2011 Pan Am Games Gold Medal (WD); 2011, 2013, 2014 National Champion (WD); 2014 Pan Am Championships Gold (XD) and Silver (WD); 2008 Youth Commonwealth Games Silver (WD)

Major Competitions:

- 2014 National Champion in Women's Doubles
- 2014 Pan Am Championship Gold (mixed doubles) and Silver (women's doubles)
- 2013 National Champion in Women's Doubles
- 2012 Olympic Games: 4th in Women's Doubles
- 2011 National Champion in Women's Doubles
- 2011 Pan Am Games Gold in Women's Doubles
- 2010 Commonwealth Games Women's Doubles, Singles and Mixed Doubles
- 2008 Youth Commonwealth Games Silver in Women's Doubles



Athlete Name: Phyllis Chan

Sport / Event: Badminton / Women's Doubles (partner: Alex Bruce)

DOB: July 18, 1991

Hometown: Vancouver BC.

Club / Coach: Ace Badminton Centre / Abdul Shaikh, Linling Wang

Career Highlights:

Personal best: 2013 Pan American Championships Women's Doubles

Major Competitions:

- 2014 National Champion in Women's Doubles
- 2013 National Champion in Women's Doubles
- 2013 Pan American Championships Women's Doubles Silver



Athlete Name: Andrew D'Souza

Sport / Event: Badminton / Men's Singles

DOB: July 1, 1994

Hometown: Ottawa, Ont.

Club / Coach: RA Centre / Mike Bitten, Andrew Dabeka

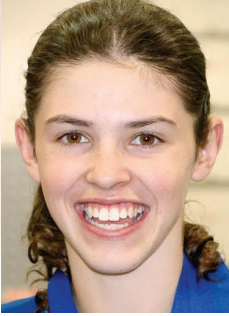
Twitter: @AndrewDsouz

Career Highlights:

Personal best: 2013 USA International Men's Doubles finalist; U16 and U19 boys' singles national champion

Major Competitions:

- 2014 Toronto Open Men's Singles Champion
- 2013 USA International Men's Singles 5/8 and Men's Doubles 2nd
- 2013 Ottawa International Men's Doubles 3rd
- 2012 World Junior Badminton Championship
- 2011 World Junior Badminton Championship
- 2011 German Junior Open Mixed Doubles 5/8



Athlete Name: Rachel Honderich

Sport / Event: Badminton / Team Event, Women's Singles

DOB: April 21, 1996

Hometown: Toronto, Ont.

Club / Coach: Lee's Badminton / Jennifer Lee

Twitter: @RHondo210

Career Highlights:

Personal best: 2014 Canadian National Championships Women's Double Finalist; U17 Junior Pan American Champion, Women's Singles and Women's Doubles

Major Competitions:

- 2014 U23 Junior National Champion, Singles and Doubles
- 2014 Junior National Champion in Women's Singles
- 2014 Canadian National Championships, Women's Singles Bronze
- 2013 Canadian National Championships, Mixed Doubles Bronze
- 2013 Canadian National Championships, Women's Singles Bronze
- 2013 Junior National Champion in Women's Singles
- 2012 Junior National Champion in Women's Singles
- 2011 Junior National Champion in Women's Singles
- 2010 Junior National Champion in Women's Singles



Athlete Name: Michelle Li

Sport / Event: Badminton / Women's Singles

DOB: November 3, 1991

Hometown: Markham, Ont.

Club / Coach: Lee's Badminton / Jennifer Lee

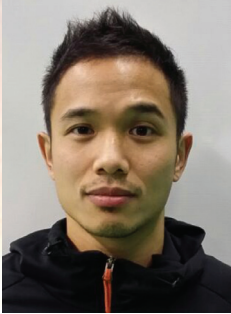
Twitter: @miichelleli

Career Highlights:

2014 All England Open quarterfinalist; 2013 Macau Open 2nd in Women's Singles; 2012 Olympic Games semi-finalist in Women's doubles and top 32 in Women's Singles

Major Competitions:

- 2014 All England Open (quarterfinalist)
- 2014 Senior Canadian National Champion
- 2013 Macau Open GPG; 2nd place
- 2013 Senior Canadian National Champion
- 2013 Pan American Championships; 1st place
- 2013 Brazil International; 1st place
- 2013 Canadian International Challenge; 1st place
- 2013 Maldives International; 1st place
- 2012 Olympic Games; 4th
- 2010 Commonwealth Games Women's Singles; quarterfinalist



Athlete Name: Adrian Liu

Sport / Event: Badminton / Men's Doubles

DOB: September 17, 1983

Hometown: Prince Rupert, BC.

Club / Coach: ClearOne Badminton Centre / Darryl Yung, Ronne Runtulalo

Twitter: @adrian_liu

Career Highlights:

4 time consecutive national titles, 5 time Pan Am team champion, 2 time Pan Am champion

Major Competitions:

- 2014 Canadian National Champion in Men's Doubles
- 2013 Pan American Championships; 1st place
- 2012 Pan American Championships; 1st place
- 2010 Peru International Challenge; 1st place
- 2010 Guatemala International Challenge; 1st place



Athlete Name: Derrick Ng

Sport / Event: Badminton / Men's Doubles

DOB: September 21, 1987

Hometown: Vancouver, BC.

Club / Coach: ClearOne Badminton Centre / Darryl Yung

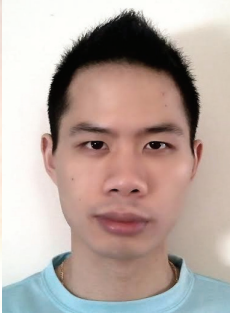
Twitter: @Derrickng21

Career Highlights:

Personal Best: Top 25 World Ranking

Major Competitions:

- 2014 Canadian National Champion in Men's Doubles
- 2014 Canadian National Champion in Mixed Doubles
- 2013 Pan American Championships; 1st place
- 2012 Pan American Championships; 1st place (Men's Doubles)
- 2012 Pan American Championships; 1st place (Mixed Doubles)



Athlete Name: Toby Ng

Sport / Event: Badminton / Mixed Doubles (partner: Alex Bruce)

DOB: October 8, 1985

Hometown: Vancouver, BC.

Club / Coach: ClearOne Badminton, Fortius Sport/ Darryl Yung, Molly O'Brien

Twitter: @towbsss

Career Highlights:

2012 Olympic Games; 2011 Pan Am Games Gold Medalist

Major Competitions:

- 2013 Pan American Championships; 1st Mixed Doubles, 1st Team Event
- 2013 USA International; 1st Mixed Doubles
- 2013 Peru International; 1st Mixed Doubles
- 2012 Canada Open; ¾ Mixed Doubles
- 2012 US Open; ¾ Mixed Doubles
- 2012 Olympic Games



Coach's Name: Ram Nayyar

Sport/Event: Badminton

Hometown: Vancouver, BC.

Club: Vancouver Lawn Tennis and Badminton Club



Coach's Name: Jeffery White

Sport/Event: Badminton

Hometown: Kitchener, ON.

Club: Calgary Winter Club



Coach's Name: Marc Rizzardo

Sport/Event: Badminton

Hometown: Vancouver, BC

BOXING



Team Canada in Glasgow

Among the Team Canada boxing athletes, members of this strong group have been Canadian Champions on 21 occasions. With much experience behind this team representing boxing in Canada, multi-sport Games leadership will come from 2012 Olympian Custio Clayton of Dartmouth Nova Scotia along with Samir El-Mais as the two returning Commonwealth Games athletes.

Two-time World Champion Ariane Fortin, coached by Mike Moffa will also build off her World Champion wins and seven national championships as she represents her country in the 75KG weight-class. Rounding out the strong women's team members will be Pan-Am Champion and six-time Canadian Champion Mandy Bujold.

With Great Britain, one of the strongest nations at the last Olympics, being split into a number of individual countries, the competition in Glasgow is going to be extremely strong and Canada plans to

be ready. “We are reaching for the podium and we have been able to select a tight team constructed to target medals,” says Daniel Trepanier, Boxing Canada High Performance Director / Head Coach. “Our Commonwealth team is composed of both seasoned veterans as well as some athletes who will make their first appearance at the Commonwealth Games. This is an outstanding opportunity for them to compete against the best in the world.”

Dates

July 25- August 2, 2014

Venue(s):

Scottish Exhibition and Conference Centre; Finals in the SSE Hydro

Number of Events:

13 weight categories

History

Boxing’s deep roots in history are evident in the famous fresco of the two young boxers found on the Greek island of Santorini, circa 1600 B.C. the sport was introduced to the Olympic Games by the Greeks in the late 7th century B.C. At that time, Greek boxers used thongs of soft leather to bind their hands and forearms for protection. Later, in Roman gladiatorial matches, studs were added to the leather thongs and the matches often ended with the death of one contestant. These combats were so barbaric that they were eventually banned in 393 B.C. With the fall of the Roman Empire, boxing disappeared and then reappeared in the 17th century in England.

Modern competitive boxing owes a lot to the Marquis of Queensbury who, in the 1860s, drew up a set of rules making boxing a safer sport. The Marquis’ rules — which restricted where blows could land, limited rounds to three minutes and made padded gloves mandatory — are still in place today, with some modifications. Amateur bouts are shorter than those in professional boxing, and scoring rules are designed to favour the skillful boxer over the merely powerful boxer.

Head guards became compulsory at the 1984 Olympic Games in Los Angeles. An electronic scoring machine to make officiating more objective was introduced in 1992. Only blows registered within one second by at least three of five judges are now taken into account. Only male boxers participate in the Commonwealth and Olympic Games. Women’s official boxing bouts first appeared in 1993 but have not been included in the official Olympic program. Boxing is one of the few sports that has been featured on every Commonwealth Games program.

Overview

Boxers must be 17 years old and no older than 34. Boxing pairs are drawn by lot, just as in ancient times, according to their respective weight category. Each boxing bout lasts for three rounds of three minutes each with a one minute break between each round. A score is marked when the athlete hits his opponent at the front part of the head or on the upper part of the body — above the belt line. However, the score is registered only when at least three of the five judges acknowledge the hit simultaneously. The total number of valid points at the end of the third round determine the winner. If there are an equal number of points at the end of the match, then the best and worst total score are deducted. The winner is the one who has the most points from the remaining three judges.

The Ring

The ring is an elevated square construction measuring 6.10 x 6.10 m at a height of 1.22 m, which is enclosed by four rows of ropes and covered by special flooring. Two corners, one blue and one red, correspond to the "position" taken by each of the contestants, who wear clothing of the same colour as their corner

Weight Categories

There are 10 weight categories for men:

- Light flyweight: 46-49 kg
- Flyweight: 52 kg
- Bantamweight: 56 kg
- Lightweight: 60 kg
- Light welterweight: 64 kg
- Welterweight: 69 kg
- Middleweight: 75 kg
- Light heavyweight: 81 kg
- Heavyweight: 91 kg
- Super heavyweight: +91 kg

There are 3 weight categories for women:

- Flyweight: 51 kg
- Lightweight: 60 kg
- Middleweight: 75 kg

Rules

Boxers attempt to land blows above the waist on the front part of their opponent's head or body using the front, knuckle part of their gloves. Five judges count both the blows and the fouls committed. Fouls include hitting below the belt, tripping or kicking, using the ropes to help attack or passively defending.

If, as a result of a blow, a boxer falls, is outside or partly outside the ropes, is hanging on the ropes or is semi-conscious and unable to defend himself, the referee separates the boxers and begins a countdown. If the boxer is unable to continue after 10 seconds, his opponent wins. Otherwise, the bout resumes after eight seconds (a standing eight count). Three standing eight counts in a round or four in the bout against one of the boxers automatically ends the bout. If the bout lasts three rounds, the judges' scores determine the winner. The winner of each bout advances to the next round.

For more Information:

Canadian Amateur Boxing Association

888 Belfast Road

Ottawa, ON K1G 0Z6

Tel: (613) 238-7700

Email: caba@boxing.ca

Website: www.boxing.ca

International Boxing Association (AIBA): www.aiba.net

Media Attaché in Glasgow: Patrick Kenny



Athlete Name: Artur Biyarсланov

Sport/Event: Boxing/64KG

DOB: April 22, 1995

Height/Weight: 174cm/64KG

Hometown: Toronto, ON

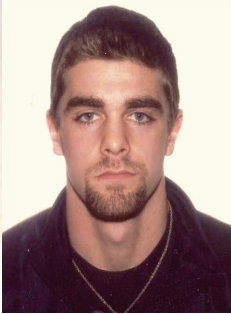
Coach/Club: Adrian Teodorescu / Atlas Gym

Career Highlights:

Coached by Adrian Teodorescu, this southpaw is the 2013 Canadian Bronze Medallist (64KG) and two-time Canadian Youth National Champion at 64KG (2011, 2012).

Major Competitions:

- 2014 - Belgrade Winner Tournament (Belgrade, SRB) - 3
- 2013 - Canadian National Final Team Selection Tournament - 2
- 2013 - Canadian National Championships - 3
- 2013 - Ontario Silver Gloves Tournament (Toronto, CAN) - 1
- 2012 - AIBA Youth World Championships (Yerevan, ARM) - participant
- 2012 - Canadian Youth National Championships - 1
- 2011 - Canadian Junior National Championships - 1
- 2010 - Canadian Junior National Championships - 3



Athlete Name: Brody Robert Blair

Sport/Event: Boxing/75KG

DOB: December 27, 1991

Height/Weight: 182cm/75KG

Hometown: New Glasgow, NS

Coach/Club: Robert Blair / Jim's Gym

Career Highlights:

Influenced by idol Roy Jones Jr. and his father and coach Robert Blair, Brody competed in the 2013 AIBA World Championships, and placed fifth at the 2013 Pan-American Championships in Chile, third at the 2011 Pan-American Games Mexico. Blair is the 2009 National Youth Champion and two-time National Champion (2011, 2012).

Major Competitions:

- 2013 – AIBA World Championships (Almaty, KAZ) - participant
- 2013 – Panamerican Championships (Santiago de Chile, CHI) - 5
- 2012 – AIBA American Olympic Qualification Tournament (Rio de Janeiro, BRA) - 6
- 2012 – Canadian National Championships - 1
- 2011 – Panamerican Games (Guadalajara, MEX) - 3
- 2011 – 2nd Panamerican Games Qualifier (Quito, ECU) - 1
- 2011 – 1st Panamerican Games Qualifier (Cumana, VEN) - 6
- 2011 – Canadian National Championships - 1
- 2010 – Canadian National Championships - 9
- 2009 – Canadian Youth National Championships - 1



Athlete Name: Mandy Bujold

Sport/Event: Boxing/51KG

DOB: July 25, 1987

Height/Weight: 164cm/51KG

Hometown: Toronto, ON

Coach/Club: Adrian Teodorescu / Atlas Boxing Gym

Twitter: @mandybujold

Career Highlights:

Boxing out of the Atlas Boxing Gym under coach Adrian Teodorescu, Bujold competed at the 2012 AIBA Women's World Championships in Qinhuangdao China and won a gold medal in the 51KG category at the 2011 Pan American Games and is a six-time National Champion (2007, 2009, 2010, 2011, 2012, 2013).

Major Competitions:

- 2013 – Canadian Women's National Championships - 1
- 2013 – Panamerican Women's Championships (Puerto La Cruz, VEN)
- 2012 – AIBA Women's World Championships (Qinhuangdao, CHN) - participant
- 2012 – Panamerican Women's Championships (Cornwall, CAN) - 3
- 2011 – Panamerican Games (Guadalajara, MEX) - 1
- 2010 – AIBA Women's World Championships (Bridgetown, BAR) - participant
- 2010 – Panamerican Women's Championships (Brasilia, BRA) - 1
- 2009 – Panamerican Women's Championships (Guayaquil, ECU) - 2
- 2008 – AIBA Women's World Championships (Ningbo, CHN) - participant
- 2007 – Panamerican Women's Championships (Duran, ECU) - 1



Athlete Name: Custio Clayton

Sport/Event: Boxing/69KG

DOB: October 5, 1987

Height/Weight: 177cm/69KG

Hometown: Dartmouth, NS.

Coach/Club: Garry Johnson / City of Lakes Boxing Club, Dartmouth

Twitter: @custioclayton

Career Highlights:

Boxing out of the City of Lakes Boxing Club in Dartmouth Nova Scotia, Clayton began boxing in 1998. Clayton competed at the 2010 Commonwealth Games, placed sixth at the London 2012 Olympic Games (69KG), placed third at the 2013 Pan-American Championships in Santiago de Chile and is the 2009, 2010, 2012 Canadian National Champion.

Major Competitions:

- 2014 – Belgrade Winner Tournament (Belgrade, SRB) - 3
- 2013 – AIBA World Championships (Almaty, KAZ) - 10
- 2013 – Panamerican Championships (Santiago de Chile, CHI) - 3
- 2012 – London 2012 Olympics (London, GBR) - 6
- 2012 – AIBA American Olympic Qualification Tournament (Rio de Janeiro, BRA) - 5
- 2012 – Canadian National Championships - 1
- 2011 – AIBA World Championships (Baku, AZE) - participant
- 2011 – Canadian National Championships - 3
- 2010 – Commonwealth Games (New Delhi, IND) - participant
- 2010 – Panamerican Championships (Quito, ECU) - 7



Athlete Name: Samir El-Mais

Sport/Event: Boxing/91KG

DOB: September 10, 1980

Height/Weight: 186cm/91KG

Hometown: Windsor, ON

Coach/Club: Josh Canty / Border City Boxing Club

Career Highlights:

After 70 bouts, "Sweet Sammy" is a returning Commonwealth Games athlete having placed 5th at the 2010 Commonwealth Games in Delhi, India. He was a participant at the 2013 AIBA World Championships and placed third at the 2013 Pan-American Championships in Santiago de Chile and is the 2011 and 2012 National Champion.

Major Competitions:

- 2013 – AIBA World Championships (Almaty, KAZ) - participant
- 2013 – Panamerican Championships (Santiago de Chile, CHI) - 3
- 2012 – AIBA American Olympic Qualification Tournament (Rio de Janeiro, BRA) - 3
- 2012 – Canadian National Championships - 1
- 2011 – AIBA World Championships (Baku, AZE) - participant
- 2011 – Canadian National Championships - 1
- 2010 – Commonwealth Games (New Delhi, IND) - 5
- 2010 – Panamerican Championships (Quito, ECU) - 5
- 2010 – Canadian National Championships - 5



Athlete Name: Ariane Fortin

Sport/Event: Boxing/75KG

DOB: November 20, 1984

Height/Weight: 170cm/75KG

Hometown: St. Nicholas, QC

Coach/Club: Mike Moffa / Underdog

Twitter: @aryfortin

Career Highlights:

This Montreal resident who began boxing in 2001 was the two-time AIBA Women's World Champion (2006, 2008), 2005 AIBA Women's World Silver medalist, four-time Pan-American Women's Champion (2005, 2006, 2007, 2009), the seven-time Canadian Women's National Champion (2005, 2006, 2007, 2008, 2009, 2010 2013) and two-time Canadian silver medalist (2011, 2012).

Major Competitions:

- 2013 - Canadian Women's National Championships - 1
- 2012 - Canadian Women's National Championships - 2
- 2010 - Canadian Women's National Championships - 1
- 2009 - Panamerican Women's Championships (Guayaquil, ECU) - 1
- 2008 - AIBA Women's World Championships (Ningbo, CHN) - 1
- 2007 - Panamerican Women's Championships (Duran, ECU) - 1
- 2006 - AIBA Women's World Championships (New Delhi, IND) - 1
- 2006 - Panamerican Women's Championships (Buenos Aires, ARG) - 1
- 2005 - AIBA Women's World Championships (Podolsk, RUS) - 2
- 2005 - Panamerican Women's Championships (Buenos Aires, ARG) - 1



Athlete Name: David Gauthier

Sport/Event: Boxing/60KG

DOB: January 16, 1983

Height/Weight: 170cm/60KG

Hometown: Quebec, QC

Coach/Club: Jean-Francois Bergerons / Club de Boxe Montreal

Career Highlights:

Gauthier is the 2013 National Champion at 60KG, the 2012 Canadian Silver Medallist at 56KG and the 2010 Canadian Bronze medallist at 57KG

Major Competitions:

- 2014 – Belgrade Winner Tournament (Belgrade, SRB) - 1
- 2013 – Canadian National Final Team Selection Tournament - 1
- 2013 – Canadian National Championships - 1
- 2013 – Canadian National Golden Gloves Tournament - 2
- 2012 – Canadian National Championships – 2
- 2011 – Canadian National Championships – 11
- 2010 – Canadian National Championships - 3
- 2009 – Francophone Games (Beyrouth, LIB) - 6
- 2009 – Canadian National Championships - 3



Coach Name: Daniel Trepanier

Sport/Event: Boxing

Hometown: Montréal, QC.

Club: Club de Boxe de l'Est

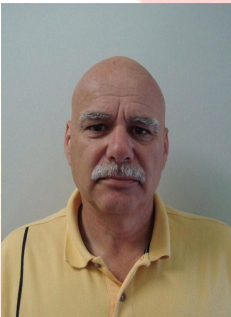


Coach Name: Kevin Howard

Sport/Event: Boxing

Hometown: North Vancouver, BC

Club: Griffins Boxing and Fitness



Team Leader: Robert Crete

Sport: Boxing

Hometown: Vanier, ON

CYCLING



Team Canada in Glasgow

Cycling Canada has selected a mix of established performers and young up-and-comers with the potential to win as many as 10 medals in track, mountain bike and road events.

These Games also mark the international debut of Canada's new men's team pursuit and team sprint programs, which are expected to vie for places in their medal finals and will form the foundation for future Olympic and world championship success.

"These Games are a huge opportunity for us to bring these new track programs to the next level," said Cycling Canada High Performance Director Jacques Landry. "We have done a careful performance analysis of our athletes and are confident they will be competitive in Glasgow, and this will help us hit the ground running when we move into the new Pan American Games Velodrome in Milton, ON, later this year. We expect the track team events to be the breeding ground for our future medal contenders

and, thanks to the support of Commonwealth Games Canada and Own the Podium, we have the tools in place to make that a reality.

At the same time, we are travelling to Glasgow with seven Olympic, World Championship and World Cup medallists. We have high hopes for these Games, and the future looks bright for Canadian cycling in general.”

Dates

Track events: July 24-27; Mountain Biking: July 29; Road Races and Time Trials: July 31 and August 3

Venue(s):

Road Races and Time Trial: Glasgow City Road and Time Trial Courses; Track events: Emirates Arena and Sir Chris Hoy Velodrome; Mountain Bike: Cathkin Braes Mountain Bike Trails

Number of Events:

2 road events, 14 track events (8 men, 6 women), 1 mountain biking event

History

Cycling has been a Commonwealth Games sport since the inaugural edition of the event’s precursor, the 1930 British Empire Games. It is an optional sport and may, or may not, be included in the sporting program of each edition of the Games.

Traditionally, competitive cycling has consisted of road and track events. The road race and track cycling for men were included in the first Olympic Games of modern times. Women’s cycling events were only recently added to the Olympic program, road in 1984 and track in 1988. The rise in popularity of all-terrain bicycles led to the addition of mountain biking to the Olympic roster in 1996, while BMX racing made its first appearance at the Olympic Games in Beijing.

Overview

Events: There are four Olympic cycling sports, all of which include both men’s and women’s events: road cycling, track cycling, mountain biking and BMX. Only road cycling, mountain biking and track cycling will be contested at the Commonwealth Games in Glasgow.

Track Races

1,000 m time trial (men only): Also called the kilo, this race consists of individuals racing one at a time against the clock. Each rider’s time is ranked to determine the final standings.

500 m time trial (women only): This race consists of individuals racing one at a time against the clock. Each rider’s time is ranked to determine the final standings.

Sprint: all riders must first go through a qualifying round and obtain the best possible time over a 1,000 m distance in which only the last 200 m stretch is timed. The top 18 riders qualify for the sprint round. The sprint is contested by two riders racing over a distance of two or three laps, depending on the length of the track. In sprint, cyclists race in only one heat in the first two elimination rounds with the winner moving on in the sprint tournament, while, from the quarter-finals onward, each elimination round consists of the best two out of three races.

Olympic sprint: The Olympic sprint is a team sprint event, with each team consisting of three riders for the men and two for the women. Two teams compete against each other starting on opposite sides of the track, with the goal being to catch the other team or finish with the best time. Each of the riders leads his or her team for a single lap and then leaves the track. The time for the final rider to finish his or her lap is the time for the team. This event has a qualifying and a final round, in which the top two teams compete for gold and the third and fourth fastest in qualifying compete for bronze.

Keirin: The keirin is one of the most exciting events in cycling because of the speed and close contact. The event is a 2,000 m paced event in which six cyclists ride behind a motorized derny, which sets the pace and gradually accelerates. The derny paces the riders for 1,400 m and then pulls off the track, at which time the cyclists begin a furious sprint to the finish at speeds of over 70 km/hr.

Individual pursuit – a 3,000m race for women and 4,000m race for men, this event has a qualifying round whereby the top two times race in the final gold medal round, and the third and fourth fastest times race for bronze. One rider starts on each side of the track and attempts to catch the other or cross the finish line with the best time. In the finals, should a rider be overtaken by the other rider, the race is ended before the full distance is ridden with the faster rider being proclaimed the winner.

Team pursuit: This event is contested by men only at the Commonwealth Games. Similar to individual pursuit, this event has two rounds. A pursuit team of four riders races over a 4,000 m distance. Results are based on the third team rider to reach the finish line. Each team consistently changes its lead rider, with stronger riders leading for a lap or more and weaker riders taking half lap pulls so all the riders on the team share the effort of leading.

Points race: An endurance race covering 40 km for men and 25 km for women. Riders sprint every kilometre where points are awarded to the top four riders to cross the finish line first. There are five points allotted to the winner of the sprint, then 3,2,1 to the next three riders. The goal is to accumulate as many points as possible. A rider who laps the others is awarded 20 points. The rider with the most points at the end of the event is declared the winner.

Scratch race: An endurance race covering 20 km for men and 10 km for women. Perhaps the easiest bunch race to follow, the first person to cross the finish line is declared the winner. If a rider gains a lap and passes other riders, he is considered the leader of the race and the laps are counted down for him."

Road Races

Individual road race: The road race begins with a mass start and is held over a course of 150-200

km for men and 100-120 km for women. Each country is entitled to enter a maximum of eight men and six women. Although it is technically an individual race, the riders use various strategies to help their strongest team member win.

Individual time trial: Riders race individually against the clock, starting at one-minute intervals.

For more Information:

Canadian Cycling Association
Suite 203 - 2197 Riverside Drive
Ottawa, ON K1h 7X3
Tel: (613) 248-1353
Website: www.cyclingcanada.ca

Union Cycliste Internationale (UCI): www.uci.ch

Media Attaché in Glasgow: Yan Huckendubler (Road Race); Jeff Feeney (Track and Mountain Bike)



Athlete Name: Hugo Barrette

Sport / Event: Cycling / Track Sprint

DOB: July 4, 1991

Hometown: Sherbrooke QC

Career Highlights:

An up-and coming rider who is starting to come into his prime, Hugo finished fourth in the keirin at the 2013-2014 World Cup final in Guadalajara, Mex. He also won silver in the team sprint at the 2013 Pan American championships.



Athlete Name: Emily Batty

Sport / Event: Cycling / Mountain Bike

DOB: June 16, 1988

Hometown: Brooklin, Ont.

Twitter: @emilybatty

Facebook: <https://www.facebook.com/emily.batty.fanpage>

Website: www.emilybatty.com

Career Highlights:

Emily Batty is a consistent performer on the Mountain Bike World Cup circuit. She's also a seven-time Canadian champion and was an Olympian in 2012.

Major Competitions:

- 2014 World Cup: 2nd place in Round 2
- 2012 Olympic Summer Games



Athlete Name: Zach Bell

Sport / Event: Cycling / Track and Road

DOB: November 14, 1982

Hometown: North Vancouver BC

Facebook: <https://www.facebook.com/pages/Zach-Bell/41596710352>

Website: www.zerailleur.com

Career Highlights:

Bell is a two-time Olympian in track cycling (2008 and 2012) and 2013 Canadian road champion. A versatile rider, he's was 2011 Track World Cup overall Champion in the omnium (an event that isn't part of the Commonwealth Games) and is a multiple World Championship medalist. He also won bronze in the scratch race at the 2010 Commonwealth Games.



Athlete Name: Laura Brown

Sport / Event: Cycling / Track and Road

DOB: November 27, 1986

Hometown: Vancouver BC

Twitter: @laurakatbrown

Website: www.laurabrowncycling.com

Career Highlights:

Laura's career highlights include a silver medal at the 2014 World Track Championships in the team pursuit and gold in the points race at the opening round of the 2013-2014 UCI Track World Cup, in addition to an overall world cup title, Pan American championships gold and eight national championship titles.



Athlete Name: Aidan Caves
Sport / Event: Cycling / Track and Road
DOB: January 3, 1995
Hometown: Vancouver BC
Twitter: @aidancaves
Website: www.aidancaves.weebly.com

Career Highlights:

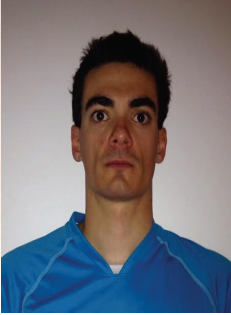
The youngest rider on the Commonwealth Games team, Aidan finished 5th in the Individual Pursuit in the 2013 Junior World Championships and is a seven-time Canadian Junior Track Champion.



Athlete Name: Vincent De Haitre
Sport / Event: Cycling / Track
DOB: June 16, 1994
Hometown: Cumberland ON
Website: www.vincentdehaitre.com

Career Highlights:

Vincent is a multi-sport athlete winning the 1,000m time trial at the 2013 Canadian Track Championships as well as competing in speed skating at the 2014 Winter Olympic Games in Sochi.



Athlete Name: Raphaël Gagné
Sport / Event: Cycling / Mountain Bike
DOB: July 16, 1987
Hometown: Quebec City QC
Twitter: @raphaelgagne
Website: www.raphaelgagne.blogspot.ca

Career Highlights:

Raphaël has been a Canadian team stalwart since 2004, when he was a part of the gold medal-winning relay team at the World Championships. He started the 2014 season well with a win in the opening round of the Canada Cup series and a 14th place in the fourth World Cup of the season.



Athlete Name: Jasmin Glaesser
Sport / Event: Cycling / Track and Road
DOB: July 8, 1992
Hometown: Coquitlam BC
Twitter: @jasminglaesser
Facebook: www.facebook.com/jasmin.glaesser

Career Highlights:

Won Olympic bronze in 2012 with the team pursuit. Jasmin has won five medals at the World Track Championships and finished 3rd at the 2013 Canadian Time Trial Championships

Major Competitions:

- 2013 Canadian Time Trial Championships- 3rd
- 2012 Olympic Summer Games- 3rd



Athlete Name: Nicholas Hamilton
Sport / Event: Cycling / Track and Road
DOB: December 10, 1986
Hometown: Victoria BC
Twitter: @tweakhamilton

Career Highlights:

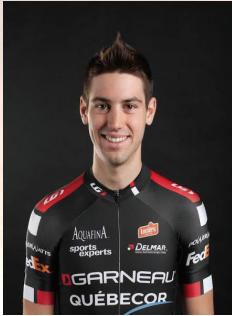
A long-time professional road rider, Nic has built a strong reputation as a support rider. He has since found new potential as a member of the new Canadian men's team pursuit program, which is hoping to reach the medal finals in Glasgow.



Athlete Name: Leah Kirchmann
Sport / Event: Cycling / Road
DOB: June 30, 1990
Hometown: Winnipeg MB
Twitter: @l_kirch
Website: www.leahkirchmann.mli.st

Career Highlights:

Leah signed her first professional cycling contract in 2011 and has since blossomed. This season has been a revelation, with three national championship titles in the road race, time trial and criterium, as well as a series of top-10 placings in international competition.



Athlete Name: Rémi Pelletier-Roy

Sport / Event: Cycling / Track and Road

DOB: July 4, 1990

Hometown: Longueuil QC

Twitter: @rem_la_creme

Facebook: www.facebook.com/remi.pelletierroy

Career Highlights:

Rémi is one of the top future talents in men's track endurance and one of the anchors to the team pursuit program. Also a strong road rider, Rémi won the Canadian criterium championships this year and has been a consistent performer throughout the season.



Athlete Name: Catharine Pendrel

Sport / Event: Cycling / Mountain Bike

DOB: September 30, 1980

Hometown: Kamloops BC

Twitter: @cpendrel

Website: www.cpendrel.blogspot.ca

Career Highlights:

Catharine has been Canada's top performer in mountain biking in the last few years. She finished fourth at the 2008 Olympics in Beijing and went on to win the 2011 World Championships and was overall World Cup Champion in 2010 and 2012

Major Competitions:

- 2012 World Cup Championships- 1st
- 2011 World Cup Championships- 1st
- 2011 World Championships- 1st
- 2008 Olympic Summer Games-4th



Athlete Name: Max Plaxton

Sport / Event: Cycling / Mountain Bike

DOB: May 29, 1985

Hometown: Victoria BC

Twitter: @maxplaxton

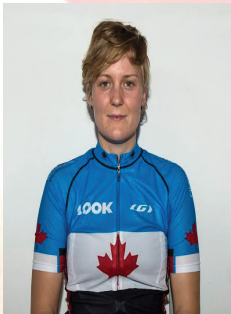
Facebook: www.facebook.com/mplaxton

Career Highlights:

Max is a two-time National Champion and won bronze in the U23 race at the 2006 World Championships. Max has had six top-10 finishes at World Cups, won silver at the 2011 Pan Am Games and represented Canada at the 2012 Olympics.

Major Competitions:

- 2012 Olympic Summer Games
- 2011 Pan American Games- silver
- 2006 World Championships- bronze



Athlete Name: Steph Roorda

Sport / Event: Cycling / Track and Road

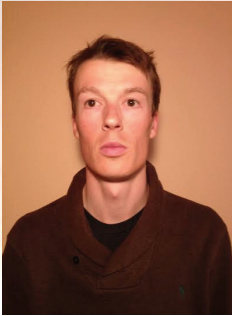
DOB: December 3, 1986

Hometown: Vancouver BC

Twitter: @stephroorda

Career Highlights:

Steph was a part of the silver-medal winning team at the 2014 Track World Championships.



Athlete Name: Will Routley

Sport / Event: Cycling / Road

DOB: May 23, 1983

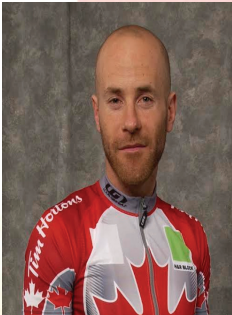
Hometown: Whistler BC

Website: <http://willroutley.tumblr.com/>

Twitter: @WilliamRoutley

Career Highlights:

Will is a wily and aggressive road rider who scored one of the best results in his career in the Tour of California earlier this year, winning a stage ahead of the likes of Mark Cavendish and Bradley Wiggins. He used his race craft to win the 2010 Canadian road champion despite being outnumbered by bigger teams, and he'll be looking to use those skills to reach the road race podium in Glasgow.



Athlete Name: Svein Tuft

Sport / Event: Cycling / Road

DOB: May 9, 1977

Hometown: Langley BC

Career Highlights:

Svein has built a deserved reputation as one of the toughest road cyclists on the international circuit. He's also one of the fastest, winning silver in the time trial at the 2008 world championships and helping his team win team time trial stages at the Tour de France last year and the 2014 Giro d'Italia, where he wore the pink overall leader's jersey for a day. The nine-time Canadian time trial champion also won the national road race title this year and will come to the Commonwealth Games after competing in his second Tour de France.



Athlete Name: Ed Veal
Sport / Event: Cycling / Track and Road
DOB: August 1, 1976
Hometown: Newmarket ON
Twitter: @realdealveal
Facebook: www.facebook.com/ed.veal.9

Career Highlights:

Ed was a latecomer to the sport and is one of the older member of the Commonwealth Cycling Team. A personal coach, he runs his own club in the Toronto region.



Athlete Name: Joseph Veloce
Sport / Event: Cycling / Track Sprint
DOB: 1989
Hometown: Fonthill ON
Twitter: @jveloce13
Website: www.josephveloce.com

Career Highlights:

Joseph represented Canada at the 2012 Olympic Games and won silver in the sprint and the team sprint at the 2013 Pan Am Championships.

Major Competitions:

- 2013 Pan Am Championships- silver
- 2012 Olympic Summer Games



Coach Name: Ian Hughes

Sport/Event: Cycling/ Mountain Bike

Hometown: Bromont, QC.



Coach Name: Ian Melvin

Sport/Event: Cycling/ Track endurance and road

Hometown: Milton, ON



Coach Name: Erin Hartwell

Sport/Event: Cycling/ Track sprint

Hometown: Indianapolis, IN



Team Leader: Kris Westwood

Sport: Cycling

Hometown: Ottawa, ON

DIVING



Team Canada in Glasgow

Diving Plongeon Canada has selected a strong group of 11 athletes to represent Canada in the diving events at the 2014 Commonwealth Games.

Amongst the Canadian diving team in Glasgow will be three 2012 Olympic medalists, in **Jennifer Abel (22, Laval, QC)**, **Meaghan Benfeito (25, Montreal, QC)** and **Roseline Filion (26, Laval, QC)**. Bolstering the team is 2013 FINA World Championship double bronze medalist, **Pamela Ware (21, Beloeil, QC)**.

Canadian divers just wrapped up their most successful FINA World Series season ever with Roseline Filion, Meaghan Benfeito, Jennifer Abel, and Pamela Ware bringing home sixteen total medals from the five competitions they attended. The consistency displayed by Canada's top divers in reaching the podium on the international level is very encouraging at this point in the Olympic quadrennial. With the road to Rio running through Glasgow, Canada's best will test themselves against the world-class divers from Australia.

England, and Malaysia.

Springboard (1-metre and 3-metre)

On the women's side, Canada is sending three strong springboard divers that offer the team a chance to bring multiple medals home from each height. All three women will dive from both the 1-metre and 3-metre springboards. Individually, **Pamela Ware (Beleuil, QC)** and **Jennifer Abel (Laval, QC)** have consistently reached the 3-metre podium at the highest international level this season. They will be the frontrunners for medals on 3-metre in Glasgow.

The 1-metre event is a specialty discipline that is only contested internationally at the Commonwealth Games and FINA World Aquatic Championships. **Emma Friesen (North Vancouver, BC)** is the reigning national champion on 1-metre, along with the two other Canadian women she is capable of being in the mix for a podium finish in that event.

In the men's springboard events, Olympians **François Imbeau-Dulac (St-Lazare, QC)** and **Riley McCormick (Victoria, BC)** lead the charge, with the powerful **Cody Yano (Edmonton, AB)** rounding out Canada's entries in this discipline. An extremely talented field will be in Glasgow with England, Australia, and Malaysia being home to some of the best springboard divers in the world. Canada stands an outside chance at reaching the podium here, but is expected to finish in the top-6.

Tower (10-metre)

Meaghan Benfeito (Montreal, QC) recently served notice to the world that she is a major contender for gold at the Commonwealth Games. She enters Glasgow with the most impressive results out of all competitors for the 2014 season. **Roseline Filion (Laval, QC)** has also achieved a great deal of success individually in 2014, with multiple podium finishes at FINA sanctioned events. The third tower diver for Canada is **Carol Ann Ware (Beleuil, QC)** who placed 5th at 2010 Commonwealth Games. This is another event where Canada has a chance at multiple podium finishes.

On the men's side, national champion **Maxim Bouchard (St. Constant, QC)**, and **Vincent Riendeau (Pointe-Claire, QC)** will be Canada's entries into the 10-metre tower event. Both athletes are capable of securing a spot in the final, and will contend for a top-6 placing.

Synchronized Diving – 3-metre

Jennifer Abel and **Pamela Ware** enter the Commonwealth Games as the favourites in the women's 3-metre synchronized event. They are the 2013 World Championship bronze medalists, and are currently ranked 2nd in the world by FINA.

Maxim Bouchard and **Riley McCormick** are Canada's entry into the men's 3-metre synchronized event. Recently reunited after eight years apart, the pair competed together in the junior ranks placing 7th at the 2006 FINA World Junior Championships. With similar diving styles, they are a natural fit and possess an outside shot at the podium.

Synchronized Diving – 10-metre

Roseline Filion and **Meaghan Benfeito** also enter the Commonwealth Games as the favourites in the women's 10-metre synchronized event. Together they won the bronze medal at the 2012 Olympic Games, and the silver medal at the 2013 FINA World Championships. The pair is currently ranked 2nd in the world by FINA.

Maxim Bouchard and **Vincent Riendeau** will pair up to compete for Canada in the men's 10-metre synchronized event. Being their first international competition together, they are considered underdogs in this event. However, combining the strength of their dive list and their level of individual talent, anything can happen on competition day.

Dates

July 30 to August 2, 2014

Venue(s):

Royal Commonwealth Pool- Edinburgh

Number of Events:

5 for men; 5 for women

Events include:

- 1-metre springboard (individual)
- 3-metre springboard (individual)
- 10-metre tower (individual)
- 3-metre springboard (synchronized)
- 10-metre tower (synchronized)

History

Diving was popularized in the 18th and 19th centuries when Swedish and German gymnasts performed their skills above water to reduce the risk of injury. Competitive diving began in Britain in the 1880s when a group of Swedish divers visited Great Britain to perform numerous exhibitions, which, in 1901, stimulated the formation of the first diving organization, the amateur diving Association.

Diving's first appearance in the Olympic Games was in 1904. The competition was restricted to men, who performed their dives from a rigid platform. At the next Olympic Games in London in 1908, a three-metre springboard event was introduced. Eight years later, women's diving made its Olympic debut at the 1912 Games in Stockholm, where the women competed from a 10-metre platform. At the 1920 Olympic Games in Antwerp, the three-metre springboard event was added as a women's diving event.

Synchronized platform diving and synchronized springboard diving were added to the Olympic program in 2000. In these events, two divers leave the platform or springboard simultaneously and dive together.

Diving has been featured on every program of the Commonwealth Games.

Overview

Diving is a sport that requires strength, power, agility, balance, flexibility and, a dose of fearlessness. In both the individual and synchronized diving competitions, each dive is given a degree of difficulty based on the type of manoeuvre performed: the diver's position, the number of somersaults and twists, and the take-off height are all considered. At the Commonwealth Games, the degree of difficulty ranges from 1.5 for easy dives to 4.8 for the most difficult dives. A dive consists of the following stages: 1) starting position and approach; 2) hurdle; 3) flight and execution; and 4) entry into the water. During each competition, each judge will award a score between zero and 10, based on the execution of the dive.

At the Commonwealth Games, competitors dive into a pool from the 1-metre springboard, 3-metre springboard, or the 10-metre platform.

The dives are divided into six groups according to the direction the diver is facing before take-off (backward, forward or handstand position) and the way the diver leaves the board (reverse, inward, or twisting). During the dive, the athlete may be in a straight, pike, tuck, or free position. The latter is only used in difficult dives that include twists. The free position consists of a combination of the other three positions.

There are over 100 recognized dives with assigned degrees of difficulty for both the springboard and platform disciplines.

Competition Phases

For individual events, the competitions are split into preliminary, and final sessions. In each session, divers perform optional dives (no limit to the degree of difficulty) that are chosen among the six different dive groups: front, back, reverse, inward, arm stand (platform only) and twisting dives.

Each session has five different rounds of dives for women and six different rounds of dives for men. The top-12 finishers in the preliminary rounds advance to the final.

A panel of seven judges will score each individual diving session. The highest two and lowest two scores for each dive will be dropped, while the three remaining scores get added together and then multiplied by the degree of difficulty assigned to that particular dive, resulting in the final score awarded.

Synchronized events are run as a straight final. Competitions will take place from both the 3-metre springboard and the 10-metre platform. The synchronized diving competition involves two competitors performing the same dive simultaneously. The competition comprises five different rounds of dives for the women and six different rounds for the men.

A panel of eleven judges issues scores for the synchronized diving events: three judges mark the technical

performance of diver “A”, three judges mark the technical performance of diver “B”, and the remaining five judges mark the synchronization of the pair. The highest and lowest scores awarded by each execution panel to both divers are dropped. The highest and lowest scores awarded for synchronization are also dropped. The remaining two scores for execution, and three scores for synchronization are added up and multiplied by the degree of difficulty assigned to the executed dive.

For more Information:

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Ottawa, ON K1G 0Y9

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Fédération internationale de natation (FINA): www.fina.org

Media attaché in Glasgow: Jeff Feeney | jeff@diving.ca | 07913595978



Athlete Name: Jennifer Abel

Sport/Event: Diving/ 1m; 3m; 3m synchro (P. Ware)

DOB: August 23, 1991

Hometown: Laval, QC

Coach/Club: Arturo Miranda/ Pointe Claire Diving Club

Twitter: @JenniferAbel91

Career Highlights:

A bronze medalist in 3-metre synchro at both the 2012 London Olympic Games and at the 2013 World Championships in Barcelona, Jennifer Abel has established herself as one of the world's premiere springboard divers. Paired on 3-metre synchro with Pamela Ware, they won two silver medals and a bronze medal along the 2014 FINA World Series. The pair is currently ranked 2nd in the world by FINA, while Jennifer is ranked 5th individually. Abel narrowly missed the golden sweep of springboard events at the 2010 games in Delhi, finishing with gold on 1-metre, and 3-metre synchro (w/ Emilie Heymans) and silver on 3-metre.



Athlete Name: Meaghan Benfeito

Sport/Event: Diving/ 10m; 10m synchro (Filion)

DOB: March 2, 1989

Hometown: Montreal, QC

Coach/Club: Arturo Miranda/ Pointe Claire Diving Club

Twitter: @MegBenfeito

Career Highlights:

Fresh off two breakthrough gold medal performances at the 2014 FINA World Series in Mexico on 10-metre, and on 10-metre synchro in Windsor, Benfeito is a strong challenger for gold in both tower events in Scotland. Along with her 10-metre synchro partner, Roseline Filion, the pair won 6 medals from the 6 FINA sanctioned international events they entered in 2014. Up to this point, the pair has not missed an international podium all season and is working to extend that streak to include the 2014 FINA Diving World Cup in Shanghai and the Commonwealth Games in Glasgow. This will be her second Commonwealth Games (competing in 2006, while missing 2010 due to injury).



Athlete Name: Maxim Bouchard

Sport/Event: Diving/ 10m; 10m synchro (Riendeau); 3m synchro (McCormick)

DOB: September 18, 1990

Hometown: Saint-Constant, QC

Coach/Club: César Henderson/CAMO

Twitter: @maximbouchard

Career Highlights:

As an 18-year old, Maxim Bouchard retired from competitive diving in 2008. While travelling the world working as a show diver in 2010, he experienced a near fatal accident in the Philippines. Undergoing a sizeable recovery, Bouchard returned to the sport a year later with a renewed passion and has quickly risen to the upper echelon of Canadian diving. Bouchard has gone on to win back-to-back national titles on 10-metre at the Canadian Championships and has qualified for his very first Commonwealth Games. Bouchard is the only Canadian diver to be competing on both the 3-metre springboard, and 10-metre tower at Glasgow 2014.



Athlete Name: Roseline Filion

Sport/Event: Diving/ 10m; 10m synchro (Benfeito)

DOB: July 3, 1987

Hometown: Laval, QC

Coach/Club: Arturo Miranda/ Pointe Claire Diving Club

Twitter: @RoselineFilion

Career Highlights:

Roseline Filion is in her 11th season with the Canadian National diving team, and is proof that you can still improve with age. In partnership with her longstanding teammate (Meaghan Benfeito), Filion is currently ranked 2nd in the world in 10-metre synchro by FINA. The pair won a bronze medal on 10-metre synchro at the 2012 Olympic Games, and a silver medal in the same event at the 2013 World Championships. This year, they have won a medal at each leg of the World Series they attended; gold in Windsor, silver in Beijing, and bronze in Dubai, London, and Monterrey. Filion also competes individually on 10-metre and won two bronze medals in Dubai and Windsor at the FINA World Series, placing her 4th overall in FINA's world rankings.



Athlete Name: Emma Friesen
Sport/Event: Diving/ 1m, 3m
DOB: October 11, 1988
Hometown: North Vancouver, BC
Coach/Club: Tommy McLeod

Career Highlights:

A former NCAA diving champion at the University of Hawaii, Emma Friesen has gone on to compete for Canada extensively over the last four years on the FINA Diving Grand Prix circuit. Over the last two seasons, she has won 3 medals at FINA sanctioned international events, and another 4 at Canadian national championships. For the Friesen family, diving is in their blood as Emma's mother (Christine Loock) is a US national diving champion, and her father (Ron Friesen) represented Canada in diving at the 1972 Olympic Games.



Athlete Name: François Imbeau-Dulac
Sport/Event: Diving/ 1m, 3m
DOB: December 9, 1990
Hometown: Saint-Lazare, QC
Coach/Club: Aaron Dziver/CAMO
Twitter: @francoisidulac

Career Highlights:

François made his first Olympic appearance in 2012 at the London Games. Placing 13th on 3-metre he narrowly missed a spot in the final. Known for his ability to perform very difficult twisting dives, he is one of a few divers in the world that can execute an extremely challenging triple twisting dive worth 3.9 DD. This off-season, Imbeau-Dulac made a significant change to his diving technique. After battling hip flexor injuries for a number of years, he decided to switch his take-off leg and spent countless hours readapting his body to the sport. At the end of the 2013 season he was named Male Athlete of the Year by Diving Plongeon Canada.



Athlete Name: Riley McCormick
Sport/Event: Diving/ 3m; 3m synchro (Bouchard)
DOB: August 25, 1991
Hometown: Victoria, BC
Coach/Club: Tommy McLeod/ Boardworks
Twitter: @RMcCormick

Career Highlights:

A two-time Olympian on 10-metre tower (2008 and 2012), McCormick made the transition to 3-metre springboard in 2013. At just 23 years of age, he is a 10-year veteran of the Canadian national diving team, having won 8 national titles. The 2014 Commonwealth Games will mark his first participation at a major games on springboard.



Athlete Name: Vincent Riendeau
Sport/Event: Diving/ 10m, 10m synchro (Bouchard)
DOB: December 13, 1996
Hometown: Pointe Claire, QC
Coach/Club: Yihua Li/ Pointe Claire Diving Club
Twitter: @riendeau_v

Career Highlights:

A rising star to watch in Canadian diving, this will be Vincent Riendeau's first Commonwealth Games experience. Riendeau has put together a dominant junior career, winning gold medals at every age level at the Canadian Junior Championships. He has shown some consistency in the senior ranks by capturing two consecutive silver medals on 10-metre at the Canadian Winter and Summer Championships in 2014.



Athlete Name: Carol-Ann Ware

Sport/Event: Diving/ 10m

DOB: January 8, 1991

Hometown: Beloeil, QC

Coach/Club: Aaron Dziver/ CAMO

Twitter: @CarolAnnWare

Career Highlights:

The elder Canadian diving's Ware sisters, Carol-Ann has enjoyed multiple podium finishes on the FINA Grand Prix circuit throughout her career. In Glasgow, Carol-Ann is competing in the 10-metre individual event. This is her second Commonwealth Games and she will be looking to improve on her 5th place performance in Delhi.



Athlete Name: Pamela Ware

Sport/Event: Diving/ 1m, 3m; 3m synchro (Abel)

DOB: February 12, 1993

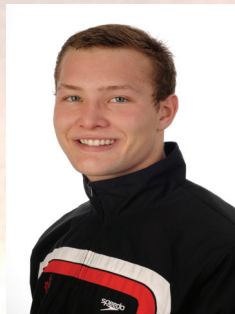
Hometown: Beloeil, QC

Coach/Club: Aaron Dziver/ CAMO

Twitter: @PamelaWare1

Career Highlights:

2013 was a break out year for Pamela Ware in which she established her place amongst the world's best springboard divers. She earned two bronze medals at the 2013 FINA World Aquatic Championships on 3-metre, and 3-metre synchro (Abel). The 2014 season has seen her continue with the same intensity and drive for the podium. Throughout the 2014 FINA World Series, Pamela won two bronze medals on 3-metre, and also captured two silver medals and a bronze medal in the 3-metre synchro event alongside Jennifer Abel. She is currently ranked 3rd in the world by FINA on 3-metre, and 2nd in the world on 3-metre synchro (with Abel).



Athlete Name: Cody Yano

Sport/Event: Diving/ 1m; 3m

DOB: May 9, 1991

Hometown: Edmonton AB

Coach/Club: David Flewwelling/ Team Edmonton

Twitter: @Cody_Yano

Career Highlights:

Cody Yano is the reigning Canadian champion on 3-metre, which he won recently in Winnipeg at the 2014 Canadian Summer Championships. Yano is a veteran competitor for Canada on the FINA Diving Grand Prix circuit and also dove for his country at the 2013 FISU Games. Standing 6 feet tall and weighing 90 kg, Yano is known for the raw strength and power he possesses on the board. This will be his first Commonwealth Games experience.



Coach Name: Aaron Dziver

Sport/Event: Diving

Hometown: Terrebonne, QC.

Club: Club de Plongeon CAMO



Coach Name: César Henderson

Sport/Event: Diving

Hometown: Brossard, QC.

Club: Club de Plongeon CAMO



Coach Name: Yihua Li

Sport/Event: Diving

Hometown: Pointe-Claire, QC.

Club: Pointe-Claire Diving Club



Coach Name: Arturo Miranda

Sport/Event: Diving

Hometown: Saint Leonard, QC.

Club: Diving Plongeon Canada

FIELD HOCKEY



Team Canada in Glasgow

The field hockey competition is traditionally strong at the Commonwealth Games. Six of the 10 men's teams and four of the 10 women's teams that qualified for Glasgow also competed at this year's world Cup.

The Canadian men's team are currently ranked 16th in the world and are working toward regaining their status in the top 12. The team will be anchored by Olympian Scott Tupper, a feared penalty-corner striker who currently plays professionally in Europe and led his Belgian club to the semi-finals of the European Hockey League. Tupper was named to the 2013 Pan American Elite Team, alongside two other Canadians, strikers Matt Guest and Mark Pearson.

The Canadian player with the most international Caps is Dave Jameson, a veteran of the two previous Commonwealth Games (Melbourne and Delhi). Two other players (Mark Pearson and Philip Wright) will likewise appear in their third Commonwealth Games, but Coach Anthony Farry has also included

many young players in the squad, with his sight firmly planted on the 2015 Pan American Games in Toronto where the Canadians need to win to earn their qualification for the 2016 Olympic Games in Rio.

The Canadian women's team has been nearly entirely renewed at the end of the last Olympic cycle, with only four players remaining from the group that played in the 2010 Commonwealth Games in Delhi (Thea Culley, Kate Gillis and Abi Raye). The Canadian defence will be anchored by Danielle Hennig, a 2013 Pan American Elite Team nominee. Midfield will be the domain of Abi Raye, the youngest Canadian player to reach 100 international Caps at 23, and the forwards will be led by two other Pan American Elite Team nominees, Kate Gillis and Hannah Haughn.

The young team assembled by Coach Ian Rutledge is still maturing but has held itself well against more experienced international opposition. They were rewarded by a bronze medal at the 2013 Pan American Cup in Argentina, their first continental podium in 10 years.

"The Commonwealth Games field includes many of the top 12 teams in the world," said Coach Ian Rutledge. "It will provide our younger players with a perfect opportunity to perform against quality opposition and gain valuable experience for future important events such as the Pan American Games. We had some encouraging results this year, but we now need to bring more consistency to our performance to be competitive against teams in the top 10."

The Canadian Men will play in pool B with England (ranked 4th in the world), New Zealand (6th), Malaysia (13th) and Pan American rivals Trinidad & Tobago. They open their Glasgow campaign on Thursday July 24 vs. New Zealand.

The Canadian Women will play in pool A with New Zealand (ranked 5th in the world), South Africa (11th), India (13th) and Trinidad & Tobago. They also start the competition on Thursday July 24, vs. India.

Dates

July 24- August 3, 2014

Venue(s):

Glasgow National Hockey Centre

Number of Events:

Two (men and women)

History

The roots of field hockey are buried deep in antiquity. Historical records show that a crude form of hockey was played in Egypt 4,000 years ago and in Ethiopia around 1000 BC. Various museums offer

evidence that a form of the game was played by Romans and Greeks, and by the Aztec Indians in South America several centuries before Columbus landed in the New World. The modern game of hockey evolved in England in the mid-18th century, primarily around schools. The name hockey probably derives from the French “hoquet”, or shepherd’s crook, and refers to the crooked stick used to hit a small ball.

Field hockey was included for the first time in the competition schedule of the 1908 Olympic Games in London, and the International Hockey Federation (FIH) was founded in 1924. Field hockey was introduced to the Commonwealth Games program in Kuala Lumpur in 1998.

Overview

A field hockey game is played between two teams of 11 players each. A game is divided into two 35-minute periods, with a 10-minute interval in between. Each team tries to score as many goals as possible in the opposite team’s goal.

Equipment

The ball is white, hard and made of Teflon. Its surface has dimples. It weighs between 156 and 163 g and its circumference varies between 224 and 235 mm.

The stick is smooth and straight with one curved end, which is slightly wider. All of its edges are rounded, while the inner side is flat.

Rules

Essential skills for playing field hockey are the ability to control, pass, push, stop and hit the ball. Stick work is impressive to watch, as players with good stick skills can maintain control of the ball while sprinting the length of the field, weaving through the sticks and legs of defending players to create space. Athletes can only play the ball with the flat face or edge of the stick. Athletes are not allowed to use their feet or any other part of their body. Only the goalkeepers are allowed to use their stick, hands, feet, legs and body to stop the ball when defending their own circle.

The rules of hockey have been extensively modified over the last 10 years (suppression of offside, self-pass on free hits, etc.) to minimize stoppage of play, make the game faster and more spectacular and increase the number of goals.

A player who violates a rule may receive a:

- Green card: temporary suspension (two minutes)
- Yellow card: temporary suspension (a minimum of five minutes)
- Red card: permanent suspension

Player Positions

Every team consists of 10 field players, who are classified as attackers, midfielders and defenders, as well as a goalkeeper who remains in his team's shooting circle. In the Commonwealth Games, every team is made up of 16 players, 11 of which remain on the field while the other five are interchange players. Although coaches may make unlimited substitutions during a game, they are not permitted to make any substitutions during penalty corners and penalty strokes. In such cases, coaches can only replace injured or suspended goalkeepers.

The Field of Play

A hockey field frequently referred to as the "pitch", is a rectangular area measuring 91.4 m long and 55 m wide. The long sides are the "side lines" and the shorter ones are the "back lines", or "goal lines". Goal posts are placed at either end of the field in the middle of the back line. Almost semi-circular lines run from the back line and mark out the area of the shooting circle, the area in which goals are scored.

Scoring a Goal

A field goal is scored after a shot at goal by an attacking player, within the defending team's circle, passes over the goal line.

Penalty Corner

If a defending team breaks a rule within its own circle, such as preventing a goal from being scored with one's own body, a penalty corner may be awarded. A penalty corner is executed as follows: an attacker stands with the ball on a designated spot along the back line and pushes it out to a player waiting outside the circle. At the same time, five defenders who waited behind the back line start running towards the attacker who is about to attempt a goal. The ball must be stopped by an attacking player outside the circle before players can shoot for a goal.

For more Information:

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Website: www.fieldhockey.ca

Twitter: [@FieldHockeyCan](https://twitter.com/FieldHockeyCan)

International Hockey Federation (FIH): www.fih.ch

Pan American Hockey Federation: www.panamhockey.org

Media attaché in Glasgow: Yan Huckendubler



Athlete Name: Jessica Barnett

Sport/Position: Field Hockey/Defender

DOB: 23 Years Old

Hometown: North Vancouver BC

Club: Canadian National Program

Career Highlights:

- First selection on the Senior National Team vs. USA (2012)
- National All-American (2011, 12)
- West Region All-American (2010, 11, 12)
- All Big Ten Tournament Team (2010, 11, 12)
- All Big Ten (2010, 11, 12)
- U. of Iowa Team Co-Captain (2011, 12)
- U. of Iowa Team MVP (2010, 11, 12)
- U. of Iowa Female Athlete of the Year (2012, 13)
- Sport B.C. High School Female Athlete of the Year (2009)



Athlete Name: Thea Culley

Sport/Position: Field Hockey/Forward

DOB: January 2, 1986

Hometown: Rossland BC

Club: Canadian National Program, Vancouver Meralomas

Twitter: @theaculley

Career Highlights:

- 2013 FHC Top Goal Scorer
- 2013 Pan American Cup Bronze Medal
- HERO FIH Road to London 2012 - Player of the Match
- 2010 FHBC Female Athlete of the Year
- 2009 FHC National Championships Tournament All Star
- 2006 CIS National Championships Tournament All Star
- 2005 Academic All Canadian
- 2004 CIS National Championships Tournament All Star

Major Competitions:

- 2013 Pan American Cup-3rd
- 2010 Commonwealth Games-6th



Athlete Name: Katherine Gillis

Sport/Position: Field Hockey/Forward

DOB: August 4, 1989

Hometown: Kingston ON

Club: Canadian National Program, UBC Thunderbirds

Twitter: @KateGillis3

Career Highlights:

- 2013 - Pan American Cup Bronze Medal
- 2013 - FIH Pan American Elite Team
- 2013 - Field Hockey Canada Female Player of the Year
- 2012 - Watson Trophy: Vancouver Women's League Most Valuable Player
- 2012 - Canada West Player of the Year
- 2012/2013 - 2 time CIS Champion, 2 time First Team All-Canadian

Major Competitions:

- 2013 Pan American Cup-3rd



Athlete Name: Hannah Haughn

Sport/Position: Field Hockey/Midfield

DOB: September 9, 1994

Hometown: North Vancouver BC

Club: Canadian National Program, UBC Thunderbirds, West Vancouver FH Club

Twitter: @Haughn13

Career Highlights:

- MVP of 2012 FIH World League Round 1
- Pan Am Elite team (2013)
- CIS Champion (2012,2013)
- UBC Rookie of the year (2012)



Athlete Name: Danielle Hennig

Sport/Position: Field Hockey/Defender

DOB: December 23, 1990

Hometown: Kelowna BC

Club: Canadian National Program, Surrey Sharks

Twitter: @DaniHennig

Career Highlights:

- 2013 Pan American Elite Team
- 2011 FHC Senior National Champions (BC - Blue)
- 2010 1st team All-Canadian
- 2010 CIS Tournament 11
- 2010 FHC Senior National Champions (BC- Island)
- 2009-2011 Academic All Canadian
- 2008 CIS Champion (Uvic Vikes)



Athlete Name: Karli Johansen

Sport/Position: Field Hockey/Defender

DOB: March 26, 1992

Hometown: North Vancouver BC

Club: Canadian National Program

Twitter: @karlijo18

Career Highlights:

FHC Top Goal Scorer 2013 (Senior), Silver Medal at Junior Pan Ams, All-Big 10 Tournament team 2011 & 2012



Athlete Name: Lauren Logush

Sport/Position: Field Hockey/Goalkeeper

DOB: March 21, 1995

Hometown: Richmond Hill, ON

Club: Canadian National Program, VRC Jokers

Twitter: @laurenlogush

Career Highlights:

A handful of Tournament XI nods at various National Championships, two-time winner of the Laura Matthew Award.



Athlete Name: Sara McManus

Sport/Position: Field Hockey/Defender

DOB: August 14, 1993

Hometown: Tsawwassen, BC

Club: Canadian National Program, UBC Thunderbirds

Twitter: @SaraMac17

Major Competitions:

- 2013 Pan American Cup
- 2013 Women's Junior World Cup
- 2012 Pan American Junior Championship
- 2011 Pan American Games-4th



Athlete Name: Abigail Raye

Sport/Position: Field Hockey/Defender

DOB: May 17, 1991

Hometown: Kelowna, BC

Club: Canadian National Program, UBC Thunderbirds

Twitter: @abigailraye

Career Highlights:

- 2009 CIS Rookie of the Year
- 2009 UBC Rookie of the Year
- 4-time CIS Champion,
- 2013 CIS National Championship MVP
- Silver at Junior Pan American Games
- Bronze at 2013 Pan American Cup

Major Competitions

- 2013 Pan American Cup-3rd
- 2010 Commonwealth Games- 6th



Athlete Name: Poonam Sandhu

Sport/Position: Field Hockey/Forward

DOB: March 29, 1991

Hometown: Vancouver, BC

Club: Canadian National Program, UBC Thunderbirds, India FH Club

Twitter: @psandhu10

Career Highlights:

Qualifying for the Junior World Cup in 2012 as well as domestic highlights including being a 4-time CIS Champion and 3-time CanWest Champion.



Athlete Name: Madeline Secco

Sport/Position: Field Hockey/Midfield

DOB: March 15, 1994

Hometown: Victoria, BC

Club: Canadian National Program, Stanford University

Career Highlights:

- 2012 Rookie All-American Team
- 2013 2nd All-Region Norpac Team
- 2013 Norpac Tournament Team



Athlete Name: Brienne Stairs

Sport/Position: Field Hockey/Forward

DOB: December 22, 1989

Hometown: Kitchener, ON

Club: Canadian National Program, Jokers

Career Highlights:

- Top Goal Scorer at World League 1 in Trinidad & Tobago
- Named to the 2011 Pan American Elite Team
- 2 time CIS field hockey player of the year (2010, 2011)

Major Competitions:

- 2013 Pan Am Cup- 3rd
- 2011 Pan Am Games- 4th



Athlete Name: Holly Stewart
Sport/Position: Field Hockey/Forward
DOB: May 18, 1993
Hometown: North Vancouver, BC
Club: Canadian National Program
Twitter: @HollyStewart7

Career Highlights:

- America East All-Northeast Region 2nd Team
- 1st Team All-Conference 2013

Major Competitions:

- 2013 Women's Junior World Cup



Athlete Name: Kaelan Watson
Sport/Position: Field Hockey/Defender
DOB: July 14, 1990
Hometown: Richmond, BC
Club: Canadian National Program, Toronto Toros
Twitter: @watsonk4

Major Competitions:

- 2014 Indoor Pan American Cup-1st
- 2013 Pan American Cup- 3rd



Athlete Name: Kaitlyn Williams

Sport/Position: Field Hockey/Goalkeeper

DOB: August 15, 1989

Hometown: White Rocks, BC

Club: Canadian National Program, Surrey Sharks

Twitter: @KaitWillRock

Career Highlights:

- First international cap in 2007 against the USA
- Winning goalie of the tournament at World League 1 in Trinidad and Tobago 2012
- Winning Bronze at the Pan American Cup in Mendoza, Argentina 2013
- CIS National Champions in 2008
- CIS Rookie of the year 2007
- UVic Rookie of the Year 2007

Major Competitions:

- 2013 Pan American Cup-3rd



Athlete Name: Kristine Wishart

Sport/Position: Field Hockey/Midfield

DOB: October 22, 1987

Hometown: Hamilton, ON

Club: Canadian National Program, VRC Jokers

Twitter: @krissywishart

Career Highlights:

- 1st Team All-Canadian (2005, 2006, 2007, 2008 & 2009)
- CIS Tournament All-Star (2005, 2008 & 2009)
- CIS Rookie of the Year (2005)
- University of Guelph MVP (2009)
- University of Guelph W. F. Mitchell Sportswoman Award (2009)
- University of Guelph Shirley Peterson Award (2007)
- University of Guelph Dr. Mary Beverley Burton Award (2005)

Major Competitions:

- 2010 Commonwealth Games- 6th



Coach Name: Ian Rutledge

Sport/Event: Field Hockey

Hometown: Orange, NSW, Australia

Club: Field Hockey Canada



Coach Name: Robin D'Abreo

Sport/Event: Field Hockey

Hometown: Mississauga, ON.

Club: Field Hockey Canada



Athlete Name: David Carter

Sport/Position: Field Hockey/Goalkeeper

DOB: November 11, 1981

Hometown: Vancouver, BC.

Club: Canadian National Program, United Brothers

Twitter: @davecarter30

Career Highlights:

- 2009 Pan-American Cup: Gold Medal and Goalie of the Tournament
- 2011 Pan-American Games: Silver Medal
- 2014 Champions Challenge: Silver Medal
- 2014 Chile 4-Nations: Goalie of the Tournament

Major Competitions:

- 2014 Champions Challenge-2nd
- 2011 Pan American Games-2nd
- 2010 Commonwealth Games- 7th
- 2010 World Cup- 11th
- 2009 Pan-American Cup- 1st



Athlete Name: Taylor Curran

Sport/Position: Field Hockey/Midfield

DOB: May 5, 1992

Hometown: Vancouver, BC.

Club: Canadian National Program, Royal Antwerp HC, UBC Thunderbirds

Career Highlights:

- 2010 World Cup
- 2014 Champions Challenge

Major Competitions:

- 2010 World Cup- 11th
- 2014 Champions Challenge- 2nd



Athlete Name: Adam Froese

Sport/Position: Field Hockey/Defender

DOB: August 13, 1991

Hometown: Abbotsford, BC

Club: Canadian National Program, India Field Hockey Club

Twitter: @froesey1

Major Competitions:

- 2014 Champions Challenge- 2nd
- 2010 Commonwealth Games- 7th



Athlete Name: Matthew Guest

Sport/Position: Field Hockey/Forward

DOB: April 26, 1985

Hometown: Calgary, AB

Club: Canadian National Program, Altona Hockey Club, Vancouver Hawks

Career Highlights:

Representing Canada at the 2010 Commonwealth Games and 2011 Pan American Games. Also playing with Rob Short and Ken Perriera against Ireland, where they broke the cap record for Canada together.

Major Competitions:

- 2014 Champions Challenge-2nd
- 2011 Pan American Games-2nd
- 2010 Commonwealth Games- 7th



Athlete Name: Richard Hildreth

Sport/Position: Field Hockey/Forward

DOB: June 3, 1984

Hometown: Vancouver, BC.

Club: Canadian National Program, Hampstead & Westminster HC

Career Highlights:

- 2011 Torneo de Reyes MVP
- 2007 Cost Hockey League Champions (Slocan 67's)
- 4 Time VFHL Champion
- 3 Time FHC Senior Champion

Major Competitions:

- 2014 Champions Challenge- 2nd
- 2010 Commonwealth Games- 7th
- 2010 World Cup- 11th
- 2009 Pan American Cup- 1st



Athlete Name: Gabriel Ho-Garcia

Sport/Position: Field Hockey/Forward

DOB: May 19, 1993

Hometown: Burnaby, BC.

Club: Canadian National Program, Burnaby Lakers

Twitter: @ghg_07

Career Highlights:

- 2014 Champions Challenge best junior player of the tournament.

Major Competitions:

- 2014 Champions Challenge-2nd



Athlete Name: David Jameson

Sport/Position: Field Hockey/Defender

DOB: November 1, 1984

Hometown: Vancouver, BC.

Club: Canadian National Program, Vancouver Hawks

Career Highlights:

- 2006 Commonwealth Games
- 2007 Pan American games: Gold Medal
- 2010 World Cup in Delhi
- 2014 Champions Challenge: Silver Medal

Major Competitions:

- 2014 Champions Challenge-2nd
- 2010 Commonwealth Games- 6th
- 2010 World Cup-11th
- 2007 Pan-American Games- 1st
- 2006 Commonwealth Games



Athlete Name: Gordon Johnston

Sport/Position: Field Hockey/Defender

DOB: January 30, 1993

Hometown: Vancouver, BC.

Club: Canadian National Program, UBC Thunderbirds, Royal Wellington
THC

Twitter: @gorgiej21

Career Highlights:

- Junior Pan Am Games Silver Medalist
- Junior World Cup Player of the Games vs. Spain
- Champions Challenge Silver Medal

Major Competitions:

- 2014 Champions Challenge-2nd



Athlete Name: Benjamin Martin
Sport/Position: Field Hockey/Defender
DOB: April 18, 1987
Hometown: Vancouver, BC.
Club: Canadian National Program, Vancouver Hawks
Twitter: @bmart87

Career Highlights:

- 2009 Pan American Cup Gold Medal
- 2014 Champions Challenge Silver Medal

Major Competitions:

- 2014 Champions Challenge-2nd
- 2009 Pan American Cup- 1st



Athlete Name: Sukhpal Panesar
Sport/Position: Field Hockey/Midfield
DOB: December 26, 1993
Hometown: Surrey, BC.
Club: Canadian National Program, United Brothers FHC

Major Competitions:

- 2014 Champions Challenge-2nd
- 2013 Junior World Cup



Athlete Name: Mark Pearson

Sport/Position: Field Hockey/Midfield

DOB: June 18, 1987

Hometown: Vancouver, BC.

Club: Canadian National Program, Racing Club Brussels

Twitter: @Markajp19

Career Highlights:

Representing Canada at the 2008 Olympic Games, Winning the 2009 Pan American Cup, Winning the 2011 German Championship with Club an der Alster, Semi-final shootout win over host nation Malaysia at the 2014 Champions Challenge

Major Competitions:

- 2014 Champions Challenge-2nd
- 2010 Commonwealth Games- 7th
- 2010 World Cup- 11th
- 2008 Olympic Games- 10th
- 2006 Commonwealth Games- 8th



Athlete Name: Keegan Pereira

Sport/Position: Field Hockey/Midfield

DOB: September 8, 1991

Hometown: Toronto, ON.

Club: Royal Wellington THC, UBC Thunderbirds, Toronto Titans FHC

Twitter: @kpere10

Major Competitions:

- 2010 Commonwealth Games- 7th
- 2010 FIH World Cup- 11th



Athlete Name: Iain Smythe

Sport/Position: Field Hockey/Forward

DOB: June 2, 1985

Hometown: Vancouver, BC.

Club: Canadian National Program, Vancouver Hawks

Major Competitions:

- 2014 Champions Challenge-2nd
- 2010 Commonwealth Games- 7th



Athlete Name: Scott Tupper

Sport/Position: Field Hockey/Defender

DOB: December 16, 1986

Hometown: Vancouver, BC.

Club: Canadian National Program, Racing Club Brussels, West Vancouver FHC

Twitter: @tups4

Career Highlights:

- 2007 Pan American Games Gold
- 2009 Pan American Cup Gold
- 2008 Olympic Games
- 2011 German Champion
- 2009, 2011, 2013 Pan American Elite Team

Major Competitions:

- 2014 Champions Challenge-2nd
- 2010 World Cup- 11th
- 2010 Commonwealth Games- 7th
- 2008 Olympic Games- 10th



Athlete Name: Paul Wharton

Sport/Position: Field Hockey/Midfield

DOB: November 27, 1992

Hometown: Vancouver, BC.

Club: Canadian National Program, UBC Thunderbirds

Career Highlights:

- 2013 Junior World Cup
- 2014 Champions Challenge- Silver

Major Competitions:

- 2014 Champions Challenge-2nd



Athlete Name: Philip Wright

Sport/Position: Field Hockey/Forward

DOB: August 28, 1986

Hometown: Vancouver, BC.

Club: Canadian National Program, UBC Thunderbirds

Career Highlights:

Scoring a goal against New Zealand at the 2010 World Cup

Major Competitions:

- 2014 Champions Challenge-2nd
- 2011 Pan American Games-2nd
- 2010 Commonwealth Games- 7th
- 2006 Commonwealth Games-8th



Coach Name: Anthony Farry

Sport/Event: Field Hockey

Hometown: Vancouver, BC

Club: Hockey ACT



Coach Name: Paul Bundy

Sport/Event: Field Hockey

Hometown: Vancouver, BC

Club: Field Hockey Canada

ARTISTIC GYMNASTICS



Team Canada in Glasgow

Anchoring the Canadian women's artistic gymnastics squad are 2012 Olympic veterans Ellie Black and Victoria Moors, while two-time Olympian Nathan Gafuik leads the men's squad. Black and Moors played key roles in Canada's best-ever 5th place team finish at the London Olympic Games and rank among the world's best gymnasts all around and in the floor exercise. Gafuik, a mainstay on the Canadian men's team for a decade, won three medals at the 2006 Commonwealth Games, including team gold.

Among the other top contenders on the men's team are Anderson Loran of Saskatoon, a silver medalist on high bar at the 2010 Commonwealth Games, and Scott Morgan, ranked eighth in the floor exercise at the 2013 world championships.

Dates

July 28- August 1, 2014

Venue(s):

The SECC Precinct

Number of Events:

14 (8 men, 6 women)

History

The word "gymnastics" comes from the ancient Greeks, who used it to refer to physical activity. The Romans adopted Greek ideas of physical activity and incorporated gymnastics into military training. They performed an early version of today's vault by building wooden dummy horses to practice mounting and dismounting.

The term artistic gymnastics emerged in the early 19th century to distinguish free-flowing styles from the techniques used by the military. In the 1880s, gymnastics competitions began to flourish in schools, athletic clubs and various organizations across Europe.

Men's artistic gymnastics was included for the first time in the 1896 Olympic Games, while women participated for the first time in the 1928 Olympic Games.

Overview

Artistic gymnastics is a very challenging sport, demanding strength, power, flexibility, coordination, courage, and a combination of technical precision and artistic creativity. When these elements are mastered, the performances appear almost effortless and are riveting to watch. Male gymnasts perform routines on six apparatus, while female gymnasts perform routines on four apparatus. Marks are awarded by a panel of judges, according to the level of difficulty, and artistic and technical perfection of each routine.

The competition is divided into three parts: Team Competition, All-Around Final and Apparatus Finals. The team competition is the first gymnastic event, with the competitors in the All-Around Final and Apparatus Finals being determined from the scores in the Team Competition. Each team is comprised of five gymnasts. Four of the five gymnasts compete on each apparatus. The team score is the total of the best three of the four scores on each apparatus, with medals being awarded to the three teams with the highest total. The top 24 gymnasts from the Team Competition (with a maximum of two from any one country) advance to the All-Around final, where they compete again on each apparatus. The three highest scoring gymnasts are the All-Around medalists. In the Apparatus Finals, the top eight gymnasts on each individual apparatus from the Team Competition

(maximum of two per country) compete again on that apparatus. This determines the individual apparatus medalists.

Men's Apparatus:

Floor: Floor routines are executed on a 12 m x 12 m mat with a one-metre safety border around it. The mat is placed on a special wooden underlay, which is necessary for takeoffs and landings. A floor routine has a maximum duration of 70 seconds and includes a variety of tumbling elements, strength and balance exercises, covering the entire surface of the floor. Men do not use music in the performance of floor routines.

Pommel horse: The pommel horse is 1.60 m long, 1.15 m high, with two 12-centimetre pommels (handles) on the top. The distance between the pommels is 40 to 45 cm. The gymnast performs swinging and circular elements with legs apart and legs together. The routine must display continuous flow and interchange of elements and grips along the full length of the horse, both on and off the pommels.

Rings: Rings is the quintessential strength event in men's gymnastics. The rings are made of wood and are suspended from a metal frame with belts and wire cables, 2.75 m above the floor. The routine consists of a variety of impressive strength elements, swings and other static and dynamic elements, and finishes with an acrobatic dismount.

Vault: Since 2001, a slightly inclined 1.35-metre-high vaulting table that is mounted on a metal base has replaced the traditional vault. The approach run is 25 m. After gaining speed in the run, the gymnast jumps from the springboard, lands and springs from the hands from the vault table and, after performing an element with one or more rotations, finishes with a controlled and steady landing behind the vault table.

Parallel bars: Parallel bars are two 3.5-metre-long parallel wooden bars, supported 1.95 m above the ground on a metal base. The gymnast performs a routine combining an interchange of swinging movements with strength or held elements. The gymnast must use the entire length of both bars, performing elements both on top of and below the bars.

Horizontal bar: The horizontal bar is a steel bar of 2.8 cm in diameter and 2.4 m long that rests on two metal bases 2.75 m above the ground. The gymnast must demonstrate changes of grip, forward and backward swinging movements, and releases and re-grasps of the bar. Dismounts are an important part of the routine and are usually acrobatic and spectacular.

Women's Apparatus:

Vault: Since 2001, a slightly inclined 1.25-metre-high vaulting table that is mounted on a metal base has replaced the traditional vault. The approach run is 25 m. After gaining speed in the run, the gymnast jumps from the springboard, lands and springs from the hands from the vault table and, after performing an element with one or more rotations, finishes with a controlled and steady landing behind the vault table.

Uneven bars: Uneven bars consist of two parallel fibre-glass rails covered by birch, each mounted on vertical supports at a different height above the floor (2.50 m and 1.70 m). The gymnast swings in both directions, above, below and between the bars, ending the routine with a controlled dismount and landing.

Balance beam: The balance beam is 5 m long, 1.25 m above the ground, and only 10 cm wide. It is the apparatus that often determines the winner of the competition. Gymnasts have one minute and 30 seconds to perform, steadily and without falls, a combination of acrobatic elements, jumps, turns, dance and balance elements.

Floor: Floor exercises are executed on a 12 x 12 m surface with a one-metre safety border around it. The surface rests on a special wooden underlay, which is necessary for takeoffs and landings. The gymnast performs the routine to music, combining dance with acrobatic exercises, and using the entire surface of the floor.

For more Information:

Gymnastics Canada

1900 City Park Drive, Suite 120

Ottawa, on K1J 1A3

Tel: (613) 748-5637

Website: www.gymcan.org

Fédération Internationale de Gymnastique (FIG): www.fig-gymnastics.com

Media Attaché in Glasgow: Sylvie Bigras



Athlete Name: Maegan Chant

Sport / Event: Gymnastics / Artistic

DOB: April 19, 1997

Height / Weight: 157cm / 47kg

Hometown: Waterdown, Ont.

Club / Coach: World Class Gymnastics / Gabriel Tantarú & Cristina Bontas-Tantarú

Twitter: @mchant3

Major Competitions:

- 2014 Pacific Rim Championships - 2nd Team; 8th All-Around; 3rd Vault
- 2014 Elite Canada - 4th All-Around; 1st Vault; 6th Uneven Bars; 2nd Floor
- 2013 World Championships - 21st Vault; 22nd Floor
- 2013 Canadian Championships - 3rd All-Around; 1st Vault; 7th Uneven Bars; 5th Beam; 5th Floor
- 2013 Challenge Cup Cottbus - 3rd Vault; 1st Floor
- 2013 World Cup Vendespace - 2nd Vault; 4th Floor
- 2013 World / American Cup - 8th All-Around
- 2013 Elite Canada - Senior 2nd All-Around; 3rd Vault; 2nd Uneven Bars; 6th Beam; 4th Floor
- 2012 Jr. Pan Am Championships - 1st Team; 8th All-Around; 2nd Floor
- 2012 Canadian Championships - Junior 6th All-Around; 4th Beam
- 2012 Pacific Rim Championships - Junior 3rd; Team; 3rd Vault
- 2012 Elite Canada - Junior 3rd All-Around; 2nd Vault; 6th Uneven Bars; 2nd Floor
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=215>



Athlete Name: Zachary Clay

Sport / Event: Gymnastics / Artistic

DOB: July 5, 1995

Height / Weight: 164cm / 55kg

Hometown: Chilliwack, B.C.

Club / Coach: Twisters Gymnastics Club / Richard Ikeda

Major Competitions:

- 2014 Elite Canada - 6th All-Around; 4th Floor; 7th Pommel Horse; 7th Vault; 1st Parallel Bars
- 2013 Toyota Cup - 12th Floor; 10th Pommel Horse
- 2013 Canadian Championships - 12th All-Around
- 2013 Elite Canada - 4th All-Around; 10th Floor; 8th Pommel Horse; 8th Rings; 5th Vault; 14th Parallel Bars; 10th High Bar
- 2013 Kyle Shewfelt Gymnastics Festival - 6th All-Around
- 2012 Toyota Cup - 7th Floor; 4th Pommel Horse; 6th Vault; 8th Parallel Bars
- 2012 Canadian Championships - 1st Pommel Horse; 3rd Rings; 1st Vault
- 2012 Pacific Rim Championships - 6th Team Event; 9th All-Around; 8th Floor; 8th Pommel Horse
- 2012 Elite Canada - 1st All-Around; 2nd Floor; 1st Pommel Horse; 5th Rings; 1st Vault; 1st Parallel Bars; 3rd High Bars
- 2011 Youth Commonwealth Games - 2nd Team Event; 4th Floor; 4th Pommel Horse; 5th Vault; 4th Tie Parallel Bars
- 2011 Canadian Championships - 4th All-Around; 7th Tie Floor; 1st Pommel Horse; 9th Rings; 4th Tie Vault; 4th Tie Parallel Bars; 10th High Bars
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=63>



Athlete Name: Nathan Gafuik

Sport / Event: Gymnastics / Artistic

DOB: May 12, 1985

Hometown: Calgary, Alta.

Club / Coach: University of Calgary Gymnastics Centre / Tony Smith

Twitter: @gafuik_nathan

Career Highlights:

2012 Olympian

Major Competitions:

- 2013 Canadian Championships - 23rd All-Around
- 2012 London Olympic Games - 46th High Bars
- 2012 Canadian Championships - 1st All-Around; 5th Floor; 3rd Pommel Horse; 2nd Rings; 4th Vault; 1st Parallel Bars
- 2012 Olympic Qualification - 5th Team Event; 5th Vault;
- 2011 World Championships - 23rd All-Around; 23rd Parallel Bars; 27th Vault
- 2011 Summer Universiade (FISU) Games - 3rd All-Around; 7th Floor; 2nd Vault; 6th Parallel Bars; 4th High Bar
- 2011 Canadian Championships - 28th All-Around
- 2010 World Championship - 14th Team Event
- 2009 World Championships - 11th Vault
- 2007 World Championships - 11th Team Event
- 2006 World Championships - 6th Team Event; 17th All-Around
- 2006 Commonwealth Games - 1st Team Event; 2nd All-Around; 2nd Vault; 6th Parallel Bars; 6th Horizontal Bars
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=8>



Athlete Name: Anderson Loran

Sport / Event: Gymnastics / Artistic

DOB: March 25, 1991

Height / Weight: 172cm / 66kg

Hometown: Saskatoon, Sask.

Club / Coach: Taiso Gymnastics Club / Markos Baikas

Twitter: @andersonloran

Major Competitions:

- 2014 Elite Canada - 31st All-Around; 3rd Floor
- 2013 World Championships - 26th High Bar
- 2013 Canadian Championships - 20th All-Around; 4th Floor; 1st Pommel Horse; 5th High Bar
- 2013 Elite Canada - 1st All-Around; 5th Floor; 2nd Pommel Horse; 2nd Rings; 4th Vault; 2nd Parallel Bars; 1st High Bar
- 2013 Kyle Shewfelt Gymnastics Festival - 2nd All-Around; 1st Pommel horse; 3rd Parallel Bars; 1st High Bar
- 2012 Canadian Championships - 4th All-Around; 3rd Floor; 2nd Pommel Horse; 5th Vault; 5th High Bar
- 2012 Pacific Rim Championships - 6th Team Event; 9th All-Around; 5th Floor; 5th Pommel Horse
- 2012 Elite Canada - 2nd All-Around; 1st Pommel Horse; 4th Rings; 5th Vault; 4th Parallel Bars; 1st High Bar
- 2011 Pan American Games - 7th All-Around
- 2010 Commonwealth Games - 3rd Team Event; 6th Pommel Horse; 2nd High Bar
- 2010 Pan American Games - 2nd Team Event
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=42>



Athlete Name: Kevin Lytwyn

Sport / Event: Gymnastics / Artistic

DOB: April 21, 1991

Height / Weight: 165 cm / 70kg

Hometown: Stoney Creek, Ont.

Club / Coach: University of Calgary / Jason Woodnick

Major Competitions:

- 2014 Pacific Rim Championships - 3rd Team; 5th Floor; 7th Parallel Bars; 4th High Bar
- 2014 Elite Canada - 1st All-Around; 6th Floor; 2nd Rings; 4th Vault; 4th Parallel bars; 2nd High Bar
- 2013 World Championships - 17th Floor; 29th Rings
- 2013 Challenge Cup Portugal - 12th Rings; 13th Vault; 32nd High Bar
- 2013 Canadian Championships - 18th All-Around; 6th Floor; 1st Tie Rings; 8th Vault; 6th High Bar
- 2013 Kyle Shewfelt Gymnastics Festival - 4th Floor; 2nd Rings
- 2012 Challenge Cup - 4th High Bar
- 2012 Canadian Championships - 23rd All-Around
- 2011 World Championships - 21st Floor
- 2010 World Cup Stuttgart - 18th Floor; 13th Vault; 26th High Bar
- 2010 Pan American Championships - 2nd Team Event; 6th Parallel Bars; 10th Rings; 10th Vault
- 2009 World Championships - 32nd Parallel Bars
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=41>



Athlete Name: Stefanie Merkle

Sport / Event: Gymnastics / Artistic

DOB: January 23, 1996

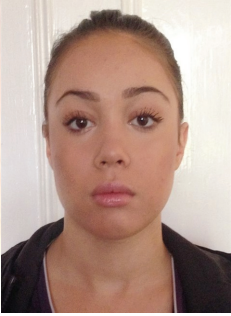
Hometown: Petersburg, Ont.

Club / Coach: Revolution Gymnastics and Sports Centre / Aaron Brokenshire & Angela Brokenshire

Twitter: @stefaniemerkle

Major Competitions:

- 2014 International Gymnix Challenge Cup - 3rd All-Around; 10th Beam; 2nd Floor
- 2014 Elite Canada - 9th All-Around; 2nd Floor
- 2013 DTB Cup Team Challenge - 5th Team Event
- 2013 Challenge Cup Anadia - 6th Floor
- 2013 Canadian Championships - 6th All-Around; 2nd Uneven Bars; 3rd Floor
- 2013 International Gymnix Challenge Cup - 2nd Floor
- 2013 Elite Canada - 5th All-Around; 6th Vault; 5th Uneven Bars; 3rd Floor
- 2012 Elite Gym Massilia - 2nd Team Event; 16th All-Around
- 2013 Challenger Cup Ghent - 6th Floor
- 2012 Canadian Championships - 8th All-Around; 4th Floor
- 2011 Canadian Championships - 4th All-Around; 6th Vault; 3rd Floor
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=176>



Athlete Name: Victoria Moors

Sport / Event: Gymnastics / Artistic

DOB: November 5, 1996

Hometown: Cambridge, Ont.

Club / Coach: Dynamo Gymnastics Sports Centre / Elvira Saadi

Twitter: @victoriamoors

Career Highlights:

2012 Olympian

Major Competitions:

- 2014 World / American Cup - 4th All-Around
- 2014 Elite Canada - 1st All-Around; 4th Uneven bars; 7th Beam; 8th Floor
- 2013 Toyota International - 1st Uneven Bars; 2nd Beam; 1st Floor
- 2013 World Championships - 10th All-Around; 33rd Uneven bars; 25th Beam; 18th Floor
- 2013 Pan American Championships - 5th Beam; 2nd Floor
- 2013 Canadian Championships - 5th Floor
- 2013 World / American Cup - 3rd All-Around
- 2012 Olympic Games - 5th Team Event
- 2012 Canadian Championships - 2nd All-Around; 2nd Uneven Bars; 1st Floor
- 2012 Pacific Rim Championships - 3rd Team Event; 7th All-Around; 6th Floor
- 2012 Olympic Qualification - 2nd Team Event; 2nd Floor
- 2011 Canadian Championships - Junior 1st All-Around; 3rd Vault; 1st uneven Bars; 1st Floor
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=180>



Athlete Name: Scott Morgan

Sport / Event: Gymnastics / Artistic

DOB: June 20, 1989

Height / Weight: 160cm / 62kg

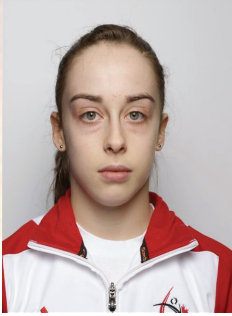
Hometown: North Vancouver, B.C.

Club / Coach: Flicka Gymnastics / Valentin Stan

Twitter: @scottmorgan_

Major Competitions:

- 2014 Pacific Rim Championships - 3rd Team; 1st Floor; 3rd Rings; 7th Vault
- 2014 Elite Canada - 23rd All-Around; 1st Floor; 3rd Rings; 1st Vault
- 2013 World Championships - 8th Floor (first floor finalist since 2006); 19th Vault
- 2013 Challenge Cup Portugal - 10th Floor; 4th Vault; 16th Rings; 7th Vault
- 2013 Canadian Championships - 25th All-Around; 2nd Floor; 1st Tie Rings; 2nd Vault
- 2013 Ljubljana Challenge Cup - 3rd Floor; 5th Rings; 1st Vault
- 2013 Elite Canada - 20th All-Around; 12th Floor; 1st Rings; 1st Vault
- 2013 Kyle Shewfelt Gymnastics Festival - 8th All-Around; 1st Floor; 1st Rings; 2nd Vault
- 2012 DTB Cup - 8th Team Event
- 2012 Canadian Championships - 20th All-Around; 1st Tie Floor; 1st Rings; 1st Vault
- 2012 Grand Prix Osijek - 9th Floor; 9th Rings; 9th Vault
- 2011 Pan American Games - 4th Floor; 5th Vault
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=267>



Athlete Name: Isabela Onyshko

Sport / Event: Gymnastics / Artistic

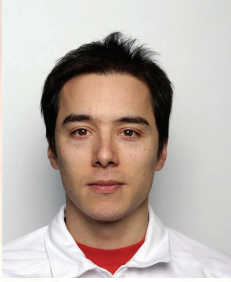
DOB: June 23, 1998

Hometown: Minnedosa, Man.

Club / Coach: Brandon Eagles / Lorie Henderson & Joe Stouffer

Major Competitions:

- 2014 International Gymnix Challenge Cup - 4th All-Around; 1st Uneven Bars; 8th Floor
- 2014 Elite Canada - 6th All-Around; 5th Floor
- 2013 Master Massilia - 5th Team Event; 20th All-Around
- 2013 Canadian Championships - Junior 4th All-Around; 3rd Uneven Bars; 4th Beam; 5th Floor
- 2013 Elite Canada - Junior 5th All-Around; 2nd Uneven Bars; 8th Beam; 8th Floor
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=349>



Coach Name: David Kikuchi
Sport/Event: Gymnastics
Hometown: Fall River, NS.
Club: Gymnastics Nova Scotia



Coach Name: Valentin Stan
Sport/Event: Gymnastics
Hometown: North Vancouver, BC
Club: Flicka Gymnastics Club



Coach Name: Elvira Saadi
Sport/Event: Gymnastics
Hometown: Cambridge, ON.
Club: Dynamo Gymnastics Club



Coach Name: Jason Woodnick
Sport/Event: Gymnastics
Hometown: Calgary, AB.
Club: University of Calgary

RHYTHMIC GYMNASTICS



Team Canada in Glasgow

Canada's rhythmic gymnastics team is led by two-time Canadian senior champion Patricia, Bezzoubenko, who will be making her first appearance at the Commonwealth Games. In her most recent international competition, Bezzoubenko won the all around title at the 2014 Pacific Rim Championships in April.

"Canada has a long tradition of success in gymnastics at the Commonwealth Games and we expect that to continue this summer in Glasgow," says Gymnastics Canada team leader Cathy Haines. "We are expecting to be ranked top three in the team events in all disciplines as well as challenging for medals across the board in individual competitions in both artistic and rhythmic gymnastics."

Dates

July 24-26, 2014

Venue(s):

The SECC Precinct

Number of Events:

6 events for women (team Competition, Individual All-Around, Rope, Ball, Hoop and Ribbon)

History

Two schools of thought existed in Scandinavia when modern gymnastics was evolving in the 19th century. One school emphasized strength and precision, resisting attempts to inject artistic elements into gymnastics and discouraging women from participating. Another school, developed in reaction, sought to blend art and sport. The eventual result of the latter approach was the sport of rhythmic gymnastics, which emphasizes flexibility and coordination over strength and acrobatic skill.

As a sport, rhythmic gymnastics began in the Soviet Union in the 1940s. It became recognized by the International Gymnastics Federation in 1961, and two years later the first world Championship was held in Budapest. Rhythmic gymnastics made its Olympic debut in 1984 in Los Angeles, where the first gold medalist was Canadian Lori Fung.

Overview

Strongly influenced by the discipline of ballet, rhythmic gymnastics is a unique combination of sport and art. Competitive routines demonstrate a balance between athletic skill, apparatus manipulation, music interpretation and artistic expression. At the Commonwealth Games, there are both Team and Individual events in rhythmic gymnastics. The team event is first, and three gymnasts each perform four different routines. The three teams with the highest total scores are the Team medalists. The results of the Team Competition determine who will compete in the Individual All-Around event (top 24 athletes from the Team Competition, with a maximum of two per country) and in the Apparatus Finals (top eight athletes with each apparatus, with a maximum of two per country). Medals are awarded to the top three athletes in the All-Around Final and in each of the four Apparatus Finals.

Rhythmic routines are performed on a special carpet that is 13 x 13 m square. All routines are performed to music, using one of the hand apparatus — rope, hoop, ball or ribbon. Gymnasts perform routines in front of a panel of judges, who evaluate the performance based on artistic value, technical value (of both body and apparatus elements) and execution. Each routine lasts from one minute to one minute 30 seconds, and the apparatus must be in constant motion throughout the routine.

Each routine includes fundamental body movements such as jumps and leaps, balances, pivots,

flexibility and waves, as well as secondary movements such as travelling, skips, hops, swings, circles and turns. These elements are combined with manipulation of the competitive apparatus to correspond with the rhythm and character of the accompanying music. The gymnast's bodysuit and apparatus are designed to enhance the selection of music and the choreography.

Apparatus

Clubs: The clubs are made of wood or plastic and athletes use two of equal length of 40 to 50cm. Holding the clubs with both hands, the gymnast performs intricate circular movements with throws and catches.

Hoop: The hoop is made of wood or plastic. It has a diameter of 80 to 90 cm, and a minimum weight of 300 g. Hoop routines show the greatest variety of movements and technical skills. The gymnast must perform body movement elements such as jumps/leaps, pivots, balance and flexibility, as well as technical elements such as rolls over the body or on the floor, rotations around the hand or other parts of the body, throws and catches and passing over or through the hoop.

Ball: The ball is made of rubber or a synthetic material. It is between 18 and 20 cm in diameter and weighs at least 400 g. The fundamental groups of body movements for ball pertain to flexibility. They include technical elements such as throws and catches, bouncing and rolling over the body or on the floor. The gymnast is not allowed to grip the ball; it must rest in the palm of the hand, with all movement being flowing and continuous.

Ribbon: The apparatus consists of a six-metre-long satin ribbon attached by a swivel hook to the end of a 50- to 60-centimetre-long long stick. The stick may be made of wood, plastic, bamboo or fibreglass. Snakes, spirals, throws and catches, as well as small tosses, make the ribbon one of the most impressive and beautiful apparatus. The ribbon must show clear patterns in the air during the routine, and if the ribbon becomes knotted, the gymnast is penalized and must remove the knot before continuing the routine.

For more Information:

Gymnastics Canada

1900 City Park Drive, Suite 120

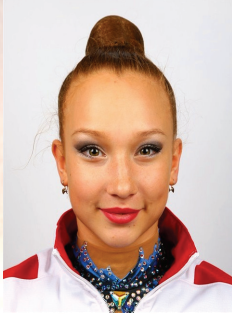
Ottawa, on K1J 1A3

Tel: (613) 748-5637

Website: www.gymcan.org

Fédération internationale de Gymnastique (FIG): www.fig-gymnastics.com

Media attaché in Glasgow: Emily Hooper



Athlete Name: Patricia Bezzoubenko

Sport / Event: Gymnastics / Rhythmic

DOB: February 21, 1997

Height / Weight: 160cm / 45kg

Hometown: Thornhill, Ont.

Coach: Kalev / Svetlana Joukova

Twitter: @pati_twitt

Major Competitions:

- 2014 Canadian Championships - 1st All-Around; 1st Hoop; 1st Ball; 1st Clubs; 1st Ribbon
- 2014 World Cup - 13th All-Around; 8th Hoop; 1st Ball; 1st Clubs; 1st Ribbon
- 2014 Pacific Rim Championships - 1st All-Around; 1st Hoop; 3rd Ball; 1st Clubs; 1st Ribbon; 2nd Team
- 2014 Elite Canada - 1st All-Around; 1st Hoop; 1st Ball; 1st Clubs; 1st Ribbon
- 2012 Jr Pan American Championships - Individual Team – SILVER; Individual GOLD
- 2012 Pesaro Jr. Finals – 5th Hoop; Bronze Ball
- 2012 Pacific Rim Junior - Gold Clubs; Gold Hoop; Silver Ribbon; Bronze Ball
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=250>



Athlete Name: Ellie (Elsabeth Ann) Black

Sport / Event: Gymnastics / Rhythmic

DOB: September 8, 1995

Height / Weight: 157cm / 61kg

Hometown: Halifax, N.S.

Club / Coach: Halifax Alta Gymnastics Club / David Kikuchi & Keiji Yamanaka

Major Competitions:

- 2014 Pacific Rim Championships - 2nd Team; 3rd All-Around; 1st Vault; 5th Uneven bars; 6th beam; 4th floor
- 2014 International Gymnix Challenge Cup - 1st All-Around; 3rd Uneven Bars; 3rd Beam; 1st Floor
- 2014 Elite Canada - 3rd All-Around; 2nd Uneven Bars; 1st Beam
- 2013 World Championships - 13th All-Around; 9th Vault; 28th Uneven Bars; 15th Beam; 8th Floor
- 2013 Universiade - 7th Team; 4th All-Around; 4th Vault; 3rd Beam; 2nd Floor
- 2013 Canadian Championships - 1st All-Around; 3rd Vault; 1st Beam; 2nd Floor
- 2013 Challenge Cup Ljubljana - 1st Vault; 5th Uneven Bars; 1st Beam; 1st Floor
- 2013 World Cup Tokyo - 3rd All-Around
- 2013 Elite Canada - 1st All-Around; 1st Vault; 3rd Uneven Bars; 1st Beam; 1st Floor
- 2012 Olympic Games - 5th Team; 8th Vault
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=242>



Athlete Name: Maria Kitkarska

Sport / Event: Gymnastics / Rhythmic

DOB: July 13, 1995

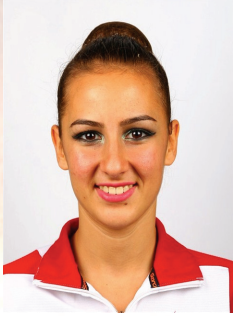
Height / Weight: 170cm / 54kg

Hometown: Montreal, Que.

Club / Coach: Questo / Lidia Joukova

Major Competitions:

- 2014 Canadian Championships - 2nd All-Around; 2nd Ball; 2nd Clubs; 2nd Ribbon
- 2014 Pacific Rim Championships - 5th All-Around; 5th Hoop; 4th Ball; 5th Clubs; 2nd Team
- 2014 Elite Canada Senior - 2nd All-Around; 2nd Hoop; 2nd Ball; 1st Clubs; 2nd Ribbon
- 2012 Canadian Champion
- 2012 Pesaso Senior Finals - 6th Clubs; 7th Hoops; 6th Ribbons; 5th Ball
- 2011 Canadian Championships - 2nd All-Around; 1st Ball
- 2011 Elite Canada Senior - 2nd All-Around; 2nd Hoop; 2nd Ball; 1st Clubs; 2nd Ribbon
- 2010 Youth Olympic Games - 11th All Around Qualifications
- 2009 Panamerican Games - 3rd All-Around
- 2009 Canadian Championships - 5th
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=209>



Athlete Name: Annabelle Kovacs

Sport / Event: Gymnastics / Rhythmic

DOB: April 20, 1996

Hometown: Vancouver, B.C.

Club / Coach: Aura Rhythmics / Kamena Petkova, Yimei Wu

Twitter: @akovacs13

Major Competitions:

- 2014 Canadian Championships - 3rd All-Around; 3rd Hoop, 3rd Ball; 3rd Clubs; 3rd Ribbon
- 2014 Pacific Rim Championships - 6th All-Around, 6th Ribbon, 2nd Team
- 2014 Elite Canada - 3rd All-Around; 3rd Hoop; 3rd Ball; 3rd Clubs; 3rd Ribbon
- 2011 Elite Canada Junior - 2nd All-Around, 2nd Hoop, 7th Ball, 2nd Clubs, 4th Ribbon
- 2011 Canadian Championships - 2nd All-Around, 2nd Hoops, 3rd Balls, 2nd Clubs, 3rd Ribbon
- 2010 Pacific Alliance - 7th All-Around; 3rd Team Ranking
- 2010 CIC - 8th All-Around Junior; 7th All-Around Junior High Performance
- 2009 Elite Canada - 1st All-Around; 5 Gold Medals
- 2009 Canadian Championships - 1st All-Around; 4 Gold Medals
- Complete Profile: <http://www.gymcan.org/site/profile.php?id=248>



Coach Name: Svetlana Joukova

Sport/Event: Gymnastics

Hometown: Richmond Hill, ON.



JUDO



Team Canada in Glasgow

Led by experienced coaches, the 2014 Team Canada roster for judo is full of current or past National Junior Champions who have been targeted based on their current international experience and senior level promise. Coaches include Ewan Beaton, Olympian in Barcelona (1992) and Atlanta (1996) and 2008 and 2012 Olympian Sasha Mehmedovic.

All first-time Commonwealth Games athletes, the eleven athletes are poised to use the Games as a platform to take on the best. This young team will be well represented by World Cup and European Cup Champions as well as team members Jessica Klimkait and Louis Krieger-Gagnon who are the first female and male Canadian judokas to hold the title of Cadet World Champions (2013).

Nicolas Gill, Judo Canada High Performance Director and National Coach, expects Glasgow to be a great opportunity for these athletes, and he should know, as he won gold at the 2002 Commonwealth Games in the 100KG weight-class.

"Our team is young, but they have tremendous potential and will create some surprises," says Gill. "For Judo Canada, the Commonwealth Games will be a great opportunity for this group of athletes to compete at a high level multi-sport games as they face the best judokas in the Commonwealth."

Dates

July 24-26, 2014

Venue(s):

SECC Precinct

Number of Events:

Fourteen Weight Categories: 7 for men, 7 for women

History

The takenouchi-ryu martial art system founded in 1532 is considered the beginning of Japan's Jujitsu forms. Judo was derived from Jujitsu, the art for either attacking others or defending oneself with nothing but one's own body.

In 1882, Dr. Jigoro Kano (The Father of Judo) made a comprehensive study of the ancient self-defence forms and integrated the best of these forms into a sport which is known as Kodokan Judo. The term Kodokan breaks down into ko (lecture, study, method), do (way or path), and kan (hall or place). Thus it means "a place to study the way". Similarly judo breaks down into ju (gentle) and do (way or path) or "the gentle way".

Proceeding with the organization of the Kodokan and enacting the regulations of Judo, Prof. Kano became the first Asian member of the International Olympic Committee in 1909 and worked for the spread of Judo world-wide. Judo became an official event in the Olympic Games of Tokyo in 1964, backed by Judo fans and sport promoters all over the world

Overview

The two competing Judokas, one in a white and one in a blue uniform, compete for five minutes for men and four minutes for women. However the contest may end in just a few seconds if a Judoka scores an Ippon (10 points) by using a successful technique. If neither of the Judokas completes an Ippon by the end of the game, the winner is the competitor who scores the greatest value point. If no score is recorded or both competitors are equal at the end of the five minutes, the bout is extended and may end with the first score earned - "the Golden Score rule". The object of the sport is to dominate an opponent by using superior throwing, grappling, stranglehold, or arm lock techniques.

Judokas fight on a square mat of 64 square metres surrounded by a safety zone. At the beginning and

at the end of a match, opponents bow to one another, which is the traditional Japanese sign of greeting and respect.

One referee scores the match, using Japanese terms Ippon, Waza-ari and Yuko. Ippon: A competitor scores Ippon (immediate win) by executing a throw that hurls an opponent flat on his or her back with considerable force, speed and control. A win by Ippon can also be achieved by holding one's opponent down on his/her back for 20 seconds, after the referee announces that the hold applied is permissible, or by forcing an opponent into submission by means of a grappling technique, arm lock or stranglehold.

Waza-ari (almost Ippon): Waza-ari is awarded for a throw executed with control, but lacking one of the required elements for Ippon. Waza-ari is also awarded for holding down an opponent for at least 20 seconds, but less than 25.

Yuko (almost Waza-ari): Yuko is awarded for a throw executed with control, but lacking two of the required elements for Ippon. A Yuko is also awarded for holding down an opponent for at least 15 seconds.

The match ends when one of the Judokas scores an Ippon or two Waza-ari. An unlimited number of Yuko can be scored. However, one Waza-ari in the match beats any number of Yuko. If, at the end of regulation time, the score is tied, the opponents fight until the first point or penalty determines the winner. Combat is halted immediately after the first point is scored.

For more Information:

Judo Canada

212-1725 St. Laurent Blvd.

Ottawa, ON K1G 3V4

Tel: (613)-738-1200

Email: info@judocanada.org

Website: www.judocanada.org

International Judo Federation: <http://www.intjudo.eu>

Media attaché in Glasgow: Patrick Kenny



Athlete Name: Antoine Bouchard

Sport/Event: Judo / 66KG

DOB: August 24, 1994

Height/Weight: 174 cm / 66KG

Hometown: Jonquière, QC

Coach/Club: Nicolas Gill / Shidokan

Career Highlights:

Antoine Bouchard won gold at the Junior European Cup in Portugal in March 2014.

Major Competitions:

- 2014 - National Championships - 1
- 2014 - National Junior Championships - 1
- 2014 - Pan-American Championships - 5
- 2014 - European Cup (Portugal) - 1
- 2014 - African Open (Casablanca, Maroc) - 1
- 2013 - European Cup (Portugal) - 3
- 2012 - Pan-American Junior Championships - 2
- 2011 - Canada Games



Athlete Name: Monika Burgess

Sport/Event: Judo / 70KG

DOB: July 13, 1995

Height/Weight: 177.8 cm / 70 kg

Hometown: Kitchener, ON

Coach/Club: Mark Burgess/Asahi Judo Club

Twitter: @monikaburgess

Career Highlights:

October 2013, Burgess obtained the best Canadian result at the Junior World Championships in Ljubljana, Slovenia with a 9th place.

Major Competitions:

- 2014 - National Championships - 3
- 2014 - National Junior Championships - 1
- 2014 - Pan-American Championship - 5
- 2014 - Belgium Open - 2
- 2014 - Pan-American Open (Argentina) - 5
- 2014 - Pan-American Open (Uruguay) - 7
- 2013 - Belgium Junior Open - 3
- 2013 - National Championships - 1
- 2013 - National Junior Championships - 1
- 2011 - Canada Games



Athlete Name: Jonah Burt

Sport/Event: Judo / 81KG

DOB: September 5, 1994

Height/Weight: 6"2/81KG

Hometown: Whitby, ON

Coach/Club: Hiroshi Nakamura / Shidokan

Career Highlights:

Burt was a silver medallist at the 2011 Canada Games in Halifax, Nova Scotia.

Major Competitions:

- 2014 - Bremen International - 3
- 2014 - Eastern Canadian Championships - Seniors - 1
- 2014 - National Championships - 2
- 2014 - Junior National Championships - 1
- 2013 - European Cup (Coimbra, Portugal) - 2



Athlete Name: Audrée Francis-Méthot

Sport/Event: Judo / 52KG

DOB: October 18, 1992

Height/Weight: / 52KG

Hometown: Sept-Iles, QC

Coach/Club: David Beaudin / Académie de judo de Sept-Iles

Twitter: @audree_18

Career Highlights:

National team member for the last four years, Francis-Méthot left her hometown in 2010 to begin training at the National Training Centre. In 2011, she was selected by Judo Quebec for the Canada Games in the 57KG category. In 2012, she won her first international title, winning the Commonwealth championships in Cardiff. She is ranked first in Canada in the 48KG category.

Major Competitions:

- 2014 - National Championships - 1
- 2013 - World Cup (Tampère) - 1
- 2012 - World Cup (San Salvador) - 1
- 2012 - World Cup (Miami) - 3
- 2012 - Commonwealth Championships - 1
- 2011 - Canada Games



Athlete Name: Jessica Klimkait

Sport/Event: Judo / 57KG

DOB: December 31, 1996

Height/Weight: / 57KG

Hometown: Whitby, ON

Coach/Club: Kevin Doherty / Ajax Budokan Judo Club

Career Highlights:

Jessica Klimkait is the first ever judo World Champion in any age group for Canada. Jessica Klimkait won at the 2013 Cadet World Championships in Miami, Florida.

Major Competitions:

- 2013 - World Cadet Championships - 1
- 2014 - National Junior Championships - 1
- 2014 - European Cup (Coimbra) - 3
- 2013 - Pan-American Championships - 5
- 2013 - European Cup (Coimbra) - 3
- 2013 - Thuringa International Junior - 3



Athlete Name: Louis Krieger-Gagnon

Sport/Event: Judo / 81KG

DOB: April 10, 1996

Height/Weight: 5"11/81KG

Hometown: Montréal, QC

Coach/Club: Hiroshi Nakamura / Shidokan

Twitter: @louiskrieger_g

Career Highlights:

Krieger-Gagnon is the first male to win a world title for Canada in judo (Cadet 2013).

Major Competitions:

- 2014 - European Cup (Portugal) - 2
- 2014 - Pan-American Championships
- 2014 - National Junior Championships - 2
- 2014 - National Championships - 3
- 2013 - World Cadet Championships - 1
- 2013 - Jeux de la Francophonie - 5
- 2013 - World Junior Championships
- 2012 - Pan-American Junior Championships - 2
- 2011 - World Cadet Championships - 5



Athlete Name: Ana Laura Portuondo-Isasi

Sport/Event: Judo / 78KG

DOB: March 9, 1996

Height/Weight: 78 kg

Hometown: La Prairie, QC

Coach/Club: Faycal Bousbiat / Boucherville

Twitter : @analaura96judo

Career Highlights:

Ana Laura Portuondo-Isasi won silver at the African Open in Casablanca, Morocco in January 2014.

Major Competitions:

- 2014 - National Junior Championships - 1
- 2014 - National Championships - 2
- 2014 - Pan-American Championships - 3
- 2014 - European Cup Junior - 1
- 2014 - African Open (Casablanca, Maroc) - 2
- 2013 - World Junior Championships - 5
- 2013 - World Cadet Championships - 5
- 2013 - Jeux de la Francophonie - 3



Athlete Name: Ailix Renaud-Roy
Sport/Event: Judo / 70KG
DOB: April 4, 1993
Height/Weight: 170 cm / 70KG
Hometown: St-Roch-des-Aulnaies, QC
Coach/Club: François Noël, Seikidokan

Career Highlights:

Renaud-Roy won a gold medal at the World Cup event in Apia in the Samoa Islands in November of 2013.

Major Competitions:

- 2014 - World Cup (Argentina) - 3
- 2013 - World Cup (Samoa) - 1
- 2013 - European Junior Cup (Coimbra, Portugal) - 3
- 2012 - European Cup (Tempere, Finland) - 3
- 2012 - Pan-Am Junior (Cali, Colombia) - 1
- 2012 - National Junior Championships - 1
- 2012 - World Cup Coupe (El Salvador) - 2
- 2012 - World Cup (Miami, USA) - 3
- 2012 - Commonwealth Championships Senior - 2
- 2012 - Commonwealth Championships Junior - 1



Athlete Name: Martin Rygielski

Sport/Event: Judo / 100KG

DOB: October 16, 1995

Height/Weight: 180 cm / 130 KG

Hometown: St. Clements, ON

Coach/Club: Kevin Doherty / Ajax Budokan Judo Club

Twitter: @martinrygielski

Career Highlights:

Rygielski was the Canadian Judo Champion in the U21 category for two years in a row and in 2014 won the Canadian Judo Champion in the senior's category.

Major Competitions:

- 2014 - National Championships - 1
- 2014 - National Junior Championships - 1
- 2014 - Pan-American Junior Championships
- 2013 - World Junior Championships
- 2013 - European Cup Junior - 3



Athlete Name: Sophie Vaillancourt

Sport/Event: Judo / 78KG

DOB: 28/03/1994

Height/Weight: 5"9 / 90KG

Hometown: Wotton, QC

Coach/Club: François Noel / Seikidoka

Career Highlights:

Vaillancourt won a bronze medal in a U-20 tournament in January 2014 in Belgium.

Major Competitions:

- 2014 - Belgium Ladies Open (Arlon, Belgium) - 3
- 2014 - European Cup (Coimbra, Portugal) - 2
- 2014 - International Thuringen Competition (Bad Blankenburg, Germany) - 3
- 2013 - World Junior Championships (Ljubljana, Slovenia) - 9
- 2013 - European Cup (Coimbra, Portugal) - 3
- 2012 - European Cup (Tampere, Finland) - 5
- 2012 - Pan-American Championships (Cali, Columbia) - 5
- 2012 - World Cup (Rome, Italy)
- 2011 - Canada Games - 1
- 2011 - World Junior Championships (Cape Town, South Africa)



Athlete Name: Béatrice Valois-Fortier

Sport/Event: Judo / 63KG

DOB: May 18, 1994

Height/Weight: / 63KG

Hometown: Beauport, QC

Coach/Club: Les entraîneurs nationaux / Shidokan

Career Highlights:

Valois-Fortier's brother Antoine Valois-Fortier became the first Canadian judoka to earn an Olympic medal since the Sydney 2000 Games where his coach Nicolas Gill was a silver medallist.

Major Competitions:

- 2014 - National Championships - 1
- 2014 - National Junior Championships - 1
- 2013 - European Cup (Zagreb) - 5



Coach's Name: Ewan Beaton

Sport: Judo

Hometown: Saskatoon, Saskatchewan



Coach's Name: Sasha Mehmedovic

Sport: Judo

Hometown: Toronto, ON

LAWN BOWLS



Team Canada in Glasgow

Veteran international competitor **Ryan Bester** will head the Canadian lawn bowls team at the 2014 Commonwealth Games, his fourth straight Commonwealth Games, having competed in Manchester (2002), Melbourne, (2006), and Dehli (2010). Bester is the second youngest member of this team, having made his Commonwealth Games debut at the age of 18.

He is joined by three-time Under 25 Canadian Champion and Women's Singles World Medalist **Kelly McKerihien**. At 27 years of age, this international veteran is the youngest member of Bowls Team Canada in Glasgow. This team represents the best mix of youth and experience including **Chris Stadnyk**, making his third Commonwealth Games appearance, and **Leanne Chinery** in her second Commonwealth Games.

"I am very excited about the make-up of this team," says Team Leader Don Caswell. "With the incredible mix of expertise and experience found amongst these athletes, we are confident that Team

Canada will be represented on the podium in Glasgow.” The team will be coached by Canadian Head Coach David Mathie. Mathie coached the 2012 World Championship team to three medals, which was tied for an all-time best result at this event. Mathie will share his leadership duties with Caswell. They were both team staff members at the Eight Nations Commonwealth Games Invitational Bowls Championship in Glasgow, Scotland where the Canadian team picked up two medals against the world’s best bowls nations.

Dates

July 24- August 1, 2014

Venue(s):

Kelvingrove Lawn Bowls Centre

Number of Events:

Canada will compete in eight able bodied events — Singles, pairs, triples, and fours for men and women and one para-event – Blind Mixed Pairs (B2/B3).

History

The basic principle of lawn bowling — aiming balls at a target — is the oldest known sport to mankind. As early as 5200 BC, graphical representations show human figures participating in the activity of tossing a ball or polished stones. Although lawn bowling has progressed tremendously over the years, the basis for the sport derives from its beginnings in ancient Egypt. Lawn bowling, also referred to as “bowls” or “bowling on the green” is a sport of accuracy and precision.

The International Bowling Board, now known as World Bowls, was formed in 1905 and lawn bowling has been contested at all Commonwealth Games except Kingston in 1966.

Overview

Canadian bowlers will compete in five different events at the Commonwealth Games in Glasgow. Able-bodied competition: singles, where each player delivers three bowls; pairs, where teams of two compete against one another and each player delivers four bowls; triples where teams of three compete against one another and each player delivers two bowls, and fours where teams of four compete against each other and each player delivers two bowls. Para-event: blind mixed pairs (B2/B3) where teams of one man and one woman, together with their guides, will each deliver three bowls. Teams always compete over a predetermined number of “ends”, with the exception of Singles where players play up to a score of 21.

Lawn bowling is played on a 37- to 40-metre-square and perfectly flat section of grass called a “green”. A green is divided into multiple sections called rinks. Generally rinks are between 5.5 and 5.8

metres wide.

Play begins with the first player laying the mat and, while standing on it, rolling a small white target ball, known as the “jack”, up the green where the “skip” (or in singles, the “marker”) centres it. During the delivery of each bowl, a player must have one foot in contact with, or fully over the mat. The first player begins the match with a bowl, which is followed by a bowl of a player on the opposing team and play continues back and forth until both teams have rolled the appropriate number of bowls. The goal of the game is to roll as many bowls as close as possible to the jack. When the last bowl has been rolled, the players determine whose bowls are closest to the jack. One point is awarded for every bowl that is closer to the jack than the opponent’s closest bowl. The score is entered onto the scorecard.

Although the game may seem as simple as rolling a bowl close to the jack, other factors must be taken into account to ensure an accurate bowl. For instance, in lawn bowling the bowls are deliberately eccentric (lopsided) so they do not roll in a straight line. Therefore, as a bowl slows down, the bowl increasingly curves towards its “flat side” (and ideally closer to the jack). Players must determine where they wish the bowl to rest and then roll the bowl according to that “line of aim”. Players must also take into account the “feel” of the green and roll the bowl with sufficient “weight” (force). For example, if the green is heavy or the jack is far away, more weight is needed; whereas if the green is light or the jack is positioned closer, less weight is needed. Players may also deliver the bowl using either a forehand or backhand release depending on the position of other bowls in play. The jack can also be moved or knocked away by an opponent’s bowl, but may also be moved closer to one’s bowl anywhere on the rink by a delivered ball.

Taking into account that the jack is moveable, the balls are biased, and no two greens are the same, lawn bowling is a complex sport involving multiple offensive and defensive strategies.

For more Information:

Bowls Canada Boulingrin

720 Belfast Road, Suite 207

Ottawa, ON K1G 0Z5

Tel: 1.800.567.2695

Email: office@bowlscanada.com

Website: www.bowlscanada.com

World Bowls Ltd.: www.worldbowlsLtd.co.uk

Media attaché in Glasgow: Alison Korn



Athlete Name: Sue Acorn
Sport/Event: Lawn Bowls/ Guide for Heather Hannett
DOB: February 24, 1958
Height/Weight: 5'6"/ 140lbs
Hometown: Calgary, AB
Coach/Club: Calgary Lawn Bowling Club

Career Highlights:

Susan Acorn is the guide for Heather Hannett. Her role is to communicate clearly the location of the jack and the bowls and give the athlete insight into the correct grass to make her shot. Glasgow is her first Commonwealth Games

Major Competitions:

- 2011 International Blind Disabled (IBD) Pretoria South Africa



Athlete Name: Mary Ann Beath
Sport/Event: Lawn Bowls
DOB: June 15, 1967
Height/Weight: 4'11"/ 105lbs
Hometown: Vancouver, BC.
Coach/Club: Grand Lawn Bowls Club
Twitter: @maryannbeath

Career Highlights:

Member of Team Canada since 2010. Glasgow is Mary Ann's first Commonwealth Games.

Major Competitions:

- 2013 China Open Fours Gold
- 2012 US Open Singles Gold
- 2011 US Open Singles Bronze
- 2010 US Open Pairs Gold
- 2009 US Open Singles Silver



Athlete Name: Ryan Bester

Sport/Event: Lawn Bowls

DOB: July 12, 1984

Height/Weight: 5'10" / 92KG

Hometown: Hanover, ON

Coach/Club: Hanover/ Broadbeach

Career Highlights:

Glasgow is Ryan Bester's fourth Commonwealth Games. He competed in 2002 in Manchester, 2006 in Melbourne – where he won a bronze medal in singles - and 2010 in Delhi.

Major Competitions:

- 2012 World Singles Silver Medalist
- 2012 World Pairs Bronze Medalist
- 2008 World Singles Bronze Medalist
- 2007 Atlantic Rim Singles Champion
- 2006 Canadian Fours Champion
- 2006 Commonwealth Games Bronze Medalist.
- 2005 Asia Pacific Singles Champion
- 2004 World Pairs Champion
- 2004 & 2005 Canadian Pairs Champion



Athlete Name: Leanne Chinery

Sport/Event: Lawn Bowls

DOB: November 24, 1981

Height/Weight: 5'8" / 200lbs

Hometown: Auckland, NZ

Coach/Club: Birkenhead Bowling Club

Career Highlights:

Leanne Chinery started competing internationally for Canada in 2005 with top five finishes at the Melbourne Commonwealth Games in 2006, the Asia Pacific Championships in 2005 and 2007; and the World Bowls Championships in 2008. Glasgow is her second Commonwealth Games.

Major Competitions:

- 2008-2013 New Zealand National Open Championships
- 2009 Asia Pacific Championships
- 2008 World Bowls Championships
- 2007 Asia Pacific Championships
- 2006 Commonwealth Games
- 2005 Asia Pacific Championships



Athlete Name: Jackie Foster

Sport/Event: Lawn Bowls

DOB: December 14, 1975

Height/Weight: 5'6"/ 135lbs

Hometown: Bridgetown, NS

Coach/Club: David Mathie/ Dartmouth Lawn Bowling Club

Career Highlights:

Glasgow is Jackie Foster's first Commonwealth Games.

Major Competitions:

- 2013 Eight Nations Commonwealth Games Invitational Bowls Championships
- 2012 World Bowls
- 2011 Asia Pacific Games; 3rd place



Athlete Name: Al Hanet
Sport/Event: Lawn Bowls
DOB: June 27, 1936
Height/Weight: 178cm/ 88KG
Hometown: Kelowna, BC
Coach/Club: Kelowna Lawn Bowling Club

Career Highlights :

Al Hanet has had a 25 year blind lawn bowling career, winning 26 gold medals, 19 silver medals and 12 bronze medals.

Major Competitions:

- 2011 International Blind Disabled (IBD) Pretoria South Africa
- 2009 World Bowls Melbourne IBBA Australia
- 2005 Rose Bank South Africa World Bowls IBBA
- 2001 World Bowls IBBA Scotland
- 1998 IPC Tournament, Germiston, South Africa
- 1996 Paralympic Games Atlanta, USA
- 1995 IPC Championships, Aylesbury, England
- 1994 Commonwealth Games Victoria, B.C.



Athlete Name: Viola Hanet
Sport/Event: Lawn Bowls/ Guide for Al Hanet
DOB: March 21, 1940
Height/Weight: 5'2"/ 190lbs
Hometown: Kelowna, BC
Coach/Club: Kelowna Lawn Bowling Club

Career Highlights :

Viola Hanet is the guide for her husband Al Hanet. She has tournament experience at the regional, provincial, national and international levels.



Athlete Name: Heather Hannett
Sport/Event: Lawn Bowls
DOB: September 30, 1950
Height/Weight: 163cm/ 86KG
Hometown: Calgary, AB
Coach/Club: Sue Acorn/ Calgary Lawn Bowling Club

Career Highlights :

Heather has won eight gold medals and two silvers in the last 10 years with the Canadian National Lawn Bowling Team. Glasgow is her first Commonwealth Games.

Major Competitions:

- 2011 International Blind Disabled (IBD) Pretoria South Africa
- 2001 World Bowls IBBA Scotland, 3rd place
- 1998 Canadian Nationals, 2nd place



Athlete Name: Laura Hawryszko
Sport/Event: Lawn Bowls
DOB: June 12, 1981
Height/Weight: 5'7" / 150lbs
Hometown: Cobourg, ON
Coach/Club: Port Hope Lawn Bowling Club
Twitter: @laurahawryszko

Career Highlights:

Glasgow is Laura Hawryszko's first Commonwealth Games.

Major Competitions:

- 2014 PBA pairs Canadian qualifier with Kevin Jones
- 2013 Canadian Women's fours; silver medal
- 2012 World Bowls, triples and fours



Athlete Name: Kevin Jones

Sport/Event: Lawn Bowls

DOB: January 10, 1964

Height/Weight: 5'8"/ 150lbs

Hometown: London, ON

Coach/Club: Elmwood LBC

Career Highlights :

Kevin has represented Canada numerous times internationally since 1987 and is a two-time medalist at the Asia Pacific Games. Glasgow is his third Commonwealth Games. He also competed at the Commonwealth Games in 1998 in Kuala Lumpur and in 1994 in Victoria.

Major Competitions:

- 2006 World Champion of Champions
- 1998 Commonwealth Games singles and fours
- 1994 Commonwealth Games Pairs



Athlete Name: Tim Mason

Sport/Event: Lawn Bowls

DOB: September 16, 1974

Height/Weight: 5'9"/ 170lbs

Hometown: Penetanguishene, ON (resides in West Vancouver, BC)

Coach/Club: West Vancouver Lawn Bowling Club

Career Highlights:

Glasgow is the first Commonwealth Games competition for Tim Mason.

Major Competitions:

- 2012 North American Challenge
- 2012 World Bowls Alternative
- 2011 Asia Pacific Bronze Medalist
- 2007 Asia Pacific Silver Medalist
- Canadian Champion
- British Columbia Champion



Athlete Name: Kelly McKerihen

Sport/Event: Lawn Bowls

DOB: May 5, 1986

Height/Weight: 5'8"/ 175lbs

Hometown: Toronto, ON

Coach/Club: Willowdale Lawn Bowling Club

Career Highlights:

Glasgow is Kelly McKerihen's first Commonwealth Games appearance.

Major Competitions:

- 2013 World Cup- Bronze Medal
- 2013 Canadian Outdoor Singles Bronze Medal
- 2012 World Championships- Bronze Medal (singles)
- 2 Time Canadian Indoor Singles Champion (2012, 2013)
- 2011 Canadian Fours Champion
- 3 Time Canadian Under 25 Champion (2009, 2010, 2011)
- 2008 World Championships- 5th place (pairs)
- 2007 Atlantic Championships- Bronze Medal in Fours and Bronze Medal in Triples
- 2005 Canadian Junior Champion



Athlete Name: Chris Stadnyk

Sport/Event: Lawn Bowls

DOB: October 10, 1974

Height/Weight: 5'7"/ 192lbs

Hometown: Niagara Falls, ON

Coach/Club: Niagara Falls Bowls Club

Twitter: @chrisstadnyk

Career Highlights:

Glasgow is the third Commonwealth Games for Chris Stadnyk. He also competed at the 2002 and 2006 Commonwealth Games, as well as the 2008 World Championships. Stadnyk has won six international medals for Canada, including a World Bowls bronze medal in 2008.

Major Competitions:

- Glasgow is his 3rd Commonwealth Games
- World Bowls Bronze Medalist
- Double Asia Pacific Silver Medalist



Athlete Name: George Whitelaw
Sport/Event: Lawn Bowls
DOB: December 29, 1969
Height/Weight: 5'8"
Hometown: Larkhall, United Kingdom
Coach/Club: Stonehouse

Career Highlights:

Glasgow is George Whitelaw's first Commonwealth Games competition.

Major Competitions:

- 2012 World Bowls
- National Champion in Scotland and Canada



Coach's Name: David Mathie
Sport/Event: Lawn Bowling
Hometown: Victoria BC
Club: Bowls Canada Boulingrin



Team Leader: Ron Caswell
Sport: Lawn Bowls
Hometown: Windsor, ON

RUGBY



Canada Men's Rugby Team in Glasgow

Rugby Sevens is a sport on the rise in Canada as was witnessed throughout the entire 2013/14 IRB Sevens Worlds Series. Canada's Men's Team finished a best ever 6th place overall, with two top-three results (2nd – Glasgow, 3rd – Las Vegas).

The 12-member squad assembled for the Commonwealth Games features many familiar faces from this record-breaking season. Leading Canada onto the pitch will be **John Moonlight** (27, Pickering, ON) who was named to the 2013/14 IRB Sevens World Series Dream Team.

In the backs there is a heavy dose of pace and explosive offensive ability. Coach Crowley will select his backfield from the group of; **Sean Duke** (26, Vancouver, BC), **Ciaran Hearn** (28, Conception Bay, NL), **Nathan Hirayama** (26, Richmond, BC), **Justin Douglas** (20, Abbotsford, BC), **D.T.H Van Der**

Merwe (28, Regina, SK), **Duncan Maguire** (St Albert, AB), **Lucas Hammond** (20, Toronto, ON) and **Phil Mack** (28, Victoria, BC) who was also selected to the IRB Sevens Dream Team.

In the forwards, there is a nice balance of experience and youth. The group of men Canada will draw from are; **John Moonlight**, **Nanyak Dala** (30, Saskatoon, SK), **Connor Braid** (24, Victoria, BC), **Mike Scholz** (26, Oakville, ON), **Mike Fuailefau** (22, Victoria, BC), **Adam Kleeberger** (30, White Rock, BC), and **Patrick Parfrey** (22, St. John's, NL).

Finally, a core of versatile athletes are at Canada's disposal who can line up in both the forward pack and back line; **Harry Jones** (24, West Vancouver, BC), **Conor Trainor** (25, Vancouver, BC), and **Sean White** (26, Victoria, BC).

The Canadian sevens team has been placed in Pool A with 4-time defending champions New Zealand, Barbados, and host-nation Scotland. The sevens tournament will run over two days with preliminary rounds the first day and tournament finals on the second.

Being the third largest multi-sport event in the world, the Commonwealth Games is an important competition for the Canadian rugby sevens program as it prepares for both the 2015 Pan Am Games in Toronto, and the 2016 Olympics in Rio.

Dates

July 26 and 27, 2014

Venue(s):

Ibrox Stadium

History

Rugby 7s, also known as seven-a-side and VIIs, is a variant of rugby union in which teams are made up of seven players, instead of the usual 15, competing in shorter matches. The game originated in Melrose, Scotland, where the Melrose Sevens tournament is still played annually. The game is popular at all levels, with amateur and club tournaments generally held in the summer months. Sevens is one of the most widely distributed forms of rugby, and is popular in parts of Africa, Asia, Europe the Americas and, especially, in the south Pacific.

Notable international competitions include the International Rugby Board (IRB) Sevens World Series and the Rugby World Cup Sevens. Rugby 7s has been contested at the Commonwealth Games since 1998 in Kuala Lumpur.

Past Commonwealth Games Medalists:

2010 – Gold - New Zealand	Silver – Australia	Bronze - South Africa
2006 – Gold - New Zealand	Silver – England	Bronze - Fiji
2002 – Gold - New Zealand	Silver – Fiji	Bronze - South Africa
1998 – Gold - New Zealand	Silver – Fiji	Bronze - Australia

Past Canadian Results at Commonwealth Games:

- 2010 – Lost in Bowl final (10th Place)
- 2006 – Lost in Quarter final (8th place)
- 2002 – Lost in Quarter Finals (7th Place)
- 1998 – Lost in Quarter Final (5th Place)

Rugby 7s is now recognized as an Olympic sport and will make its debut in the 2016 Summer Olympics. This follows a vote by the executive board of the International Olympic Committee (IOC) to include the sport. That decision was backed at the 121st International Olympic Committee session in Copenhagen on October 9, 2009.

Number of Teams:

16

Pool A	Pool B
Scotland New Zealand Canada Barbados	South Africa Kenya Cook Islands Trinidad & Tobago
Pool C	Pool D
Samoa Wales Papua New Guinea Malaysia	England Australia Sri Lanka Uganda

Overview

Rugby 7s is sanctioned by the International Rugby Board (IRB), and is played under similar rules, and the same field as the 15-player game. While a 15 a side rugby union match consists of two 40-minute halves with a 10-minute break, a 7s match is contested over two 7-minute halves with a one-minute break. The final match of a rugby 7s tournament is played over two halves of 10 minutes each, with a

half-time break of two minutes. This format allows rugby tournaments to be completed in a day or a weekend. However, sevens scores are generally comparable to union scores; scoring occurs much more frequently in sevens, as the defenders are more spaced out on the field.

Sevens is played on a standard rugby union playing field as defined in the International Rugby Board's handbook. The field measures up to 100 metres (330 ft) long and 70 metres (230 ft) wide. On each goal line are H-shaped goalposts.

Teams are composed of three forwards, one scrum half and three backs.

Scrum is composed of just three players from each team. Because of the speedy nature of the game, good sevens players are often backs or loose forwards in rugby union.

For more Information:

Rugby Canada

3024 Glen Lake Road

Langford, BC V9B 4B4

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Fax 250.386.3810

Cell. 250.216.5272

Email: bkelly@rugbycanada.ca

Website: www.rugbycanada.ca

International Rugby Board: www.irb.com

Media attaché in Glasgow: Jeff Feeney



Athlete Name: Connor Braid
Sport/Position: Rugby/ Prop
DOB: May 30, 1990
Height/Weight: 185cm/ 82KG
Hometown: Victoria, BC
Coach/Club: James Bay AA, BC Bears
Twitter: @connorbraid

Career Highlights:

Connor has been a consistent member of Canada's Sevens side since the 2011-12 season. As a player, Braid has emerged as an explosive offensive threat for Canada's sevens team. The team this season had great success in the circuit, finishing 6th overall and boasting a 3rd place finish in Las Vegas and 2nd place finish in Glasgow.



Athlete Name: Nanyak Dala
Sport/Position: Rugby/ Prop
DOB: June 18, 1984
Height/Weight: 178cm/ 100KG
Hometown: Saskatoon, SK
Coach/Club: Castaway Wanderers, Prairie Wolf Pack
Twitter: @yakbutt

Career Highlights:

A fierce tackler and veteran leader, Nanyak Dala has been a part of some monumental results for the Canada's sevens team. In 2011 he was a member of the team that won Gold at the Pan-Am Games in Guadalajara. He captained the team throughout the entire 2012-13 IRB season, and was a key member this season as the squad posted their best results ever in Las Vegas (3rd) and Glasgow (2nd).



Athlete Name: Justin Douglas
Sport/Position: Rugby/ Wing
DOB: April 5, 1994
Height/Weight: 183cm/ 83KG
Hometown: Abbotsford, BC
Coach/Club: Abbotsford RFC, BC Bears
Twitter: @jddoug13

Career Highlights:

He went on to represent Canada at the U17 level twice at the Wellington Rugby Festival and on a tour of California. Douglas made his Canada 7s debut in this season at the Gold Coast 7s in Australia, where he played matches against South Africa, New Zealand, Portugal and England.



Athlete Name: Sean Duke
Sport/Position: Rugby/ Wing
DOB: May 7, 1988
Height/Weight: 188cm/ 88KG
Hometown: Vancouver, BC
Coach/Club: University of Victoria Vikes, BC Bears
Twitter: @SeanDukelow

Career Highlights:

He received his first Cap for Canada's 15's team in the fall of 2008, and has made 10 appearances since. Due to his incredible speed, Duke is a stalwart on Canada's sevens team and is consistently one of the top try-scorers on the HSBC Sevens World Series.



Athlete Name: Mike Fuailefau

Sport/Position: Rugby/ Hooker

DOB: March 20, 1992

Height/Weight: 185cm/ 100KG

Hometown: Victoria, BC

Coach/Club: Castaway Wanderers, BC Bears

Twitter: @ThomasFuly

Career Highlights:

A member of Canada's U17 and U20 in years past, Fuailefau first travelled with Canada's sevens team to the Gold Coast in 2012, and this season competed at both the Hong Kong and Japan events on the HSBC Sevens World Series.



Athlete Name: Lucas Hammond

Sport/Position: Rugby/ Scrum Half

DOB: November 14, 1993

Height/Weight: 180cm/ 84KG

Hometown: Toronto, ON

Coach/Club: Toronto Nomads, Ontario Blues

Twitter: @L_Hammo

Career Highlights:

Hammond went on to represent Canada at the U17 Wellington Rugby Festival and was a part of the U-18 national team. Hammond played for Canada's sevens team last season at the Dubai, South Africa, and Wellington stops on the HSBC Sevens World Series. This season he made an appearance at the Gold Coast tournament in Australia where he helped Canada defeat the USA and Portugal before narrowly losing to England in overtime. Hammond was a member of Canada's sevens team that competed at the Youth Commonwealth Games in 2011 on the Isle of Man.



Athlete Name: Ciaran Hearn
Sport/Position: Rugby/ Centre
DOB: December 30, 1985
Height/Weight: 190cm/ 100KG
Hometown: Conception Bay, NFLD
Coach/Club: Castaway Wanderers/ Atlantic Rock
Twitter: @Hearnia9

Career Highlights:

Hearn received his first Cap for Canada in the fall of 2008 against Ireland and has since participated at the 2011 IRB World Cup and 2012 Americas Rugby Championship. This season has been hugely successful for Hearn as a standout member of Canada's sevens backline. Thanks in part to Hearn, Canada secured a 3rd place finish in Las Vegas and a 2nd place finish in Glasgow.



Athlete Name: Nathan Hirayama
Sport/Position: Rugby/ Fly Half
DOB: March 23, 1988
Height/Weight: 183cm/ 86KG
Hometown: Richmond, BC
Coach/Club: University of Victoria Vikes, BC Bears
Twitter: @NHirayama10

Career Highlights:

Hirayama debuted for Canada's sevens team in 2006 at just 18 years of age. He was selected to both Canada's 2007 and 2011 IRB World Cup squads. Hirayama is a key member of Canada's sevens team, having helped secure IRB core status in 2012-13 and achieving a 6th place overall finish in 2013-14.



Athlete Name: Harry Jones
Sport/Position: Rugby/ Utility
DOB: August 26, 1989
Height/Weight: 185cm/ 86KG
Hometown: West Vancouver, BC
Coach/Club: Capilano RFC, BC Bears
Twitter: @jonesharry3

Career Highlights:

Jones went on to captain Canada's team at the 2009 IRB Junior World Championship in Japan. In 2012, he was called up to the senior level and made his full international debut for Canada against Russia. As part of the sevens team, Jones has been key to the side's success this season. Possessing an ideal combination of tenacious defence and offensive instincts, Jones scored 25 tries in IRB Sevens competition in 2013-14. This placed him 13th overall in the world in try scoring on the HSBC Sevens World Series.



Athlete Name: Adam Kleeberger
Sport/Position: Rugby/ Prop
DOB: March 2, 1984
Height/Weight: 185cm/ 98KG
Hometown: White Rock, BC
Coach/Club: Castaway Wanderers, BC Bears
Twitter: @aKleebs

Career Highlights:

Kleeberger has represented Canada in sevens on numerous occasions throughout his career with his first appearance being at the Commonwealth Games in Melbourne in 2006. He has since represented Canada at two IRB Rugby World Cups (2007 and 2011).



Athlete Name: Phil Mack
Sport/Position: Rugby/ Scrum Half
DOB: September 18, 1985
Height/Weight: 170cm/ 77KG
Hometown: Victoria, BC
Coach/Club: James Bay AA, BC Bears
Twitter: @phillymack07

Career Highlights:

The Victoria, BC native helped Canada win Gold at 2011 Pan-Am Games, and has played a pivotal role for the 15's squad in the Pacific Nations Cup and Rugby World Cup Qualifiers. Mack's success on the IRB sevens circuit has gained international recognition as he was named to 2013-14 IRB Sevens Series Dream Team. As a member of the team he helped Canada achieve its best ever results in Las Vegas (3rd) and its first ever series final when Canada finished 2nd in Glasgow. In 2013-14, Mack led Canada in overall scoring with 202 points, making him the 7th highest scorer of the season overall. Moreover, Mack is Canada's all-time sevens points leader with 896 points in his career, this total makes him the 14th highest scorer in IRB Sevens history.



Athlete Name: Duncan Maguire
Sport/Position: Rugby/ Wing
DOB: August 4, 1989
Height/Weight: 180cm/ 82KG
Hometown: St. Albert, AB
Coach/Club: St. Albert RFC, Prairie Wolf Pack
Twitter: @DuncanMag

Career Highlights:

One of the fastest players on the pitch, Maguire made his debut for Canada's sevens team during it's record-breaking 2013-14 season on the HSBC Sevens World Series.



Athlete Name: John Moonlight
Sport/Position: Rugby/ Hooker
DOB: July 2, 1987
Height/Weight: 184cm/ 104KG
Hometown: Pickering, ON
Coach/Club: James Bay AA, Ontario Blues
Twitter: @jmoonlight12

Career Highlights:

In 2012, Moonlight was named Rugby Canada's Men's Sevens Player of the Year, only to outdo himself a year later by captaining Canada's sevens team and being named to the IRB Sevens World Series Dream Team in 2013-14. A powerhouse on both sides of the ball, Moonlight is an excellent tackler and try scorer, his 26 tries in 2013-14 season gave him the 12th highest total in the circuit. Sevens rugby is a family tradition in the Moonlight family as John's cousin Dave is the former captain of the Canadian sevens team and is a Commonwealth Games Alumni.



Athlete Name: Patrick Parfrey
Sport/Position: Rugby/ Centre
DOB: November 1, 1991
Height/Weight: 185cm/ 92KG
Hometown: St. John's, NFLD
Coach/Club: Swilers RFC, Atlantic Rock

Career Highlights:

Parfrey received his first Cap for Canada's 15's team in May of 2013 against USA as part of the IRB Pacific Nations Cup. Parfrey made his first appearance on Canada's sevens team in the first event of the 2013-14 season in the Gold Coast of Australia.



Athlete Name: Mike Scholz
Sport/Position: Rugby/ Prop
DOB: August 5, 1984
Height/Weight: 182cm/ 104KG
Hometown: Oakville, ON
Coach/Club: Castaway Wanderers, Ontario Blues
Twitter: @mschol216

Career Highlights:

Scholz made his debut on Canada's 15's team in 2009 in a win against Russia and was selected for the 2011 Rugby World Cup squad in New Zealand. Following the World Cup, Scholz was part of Canada's gold-medal winning sevens team at the 2011 Pan-American Games in Guadalajara. Scholz was a core member of Canada's sevens team throughout the 2013-14 season.



Athlete Name: Conor Trainor
Sport/Position: Rugby/ Centre
DOB: May 12, 1989
Height/Weight: 188cm/ 95KG
Hometown: Vancouver, BC
Coach/Club: UBC Old Boys Ravens, BC Bears
Twitter: @conort22

Career Highlights:

He was a member of the 2011 Pan-American games team that won gold in Mexico and continues to play on the IRB Sevens World Series. Trainor gained international attention this past year when he won the IRB Sevens Try of the Year, as voted by fans.



Athlete Name: D.T.H Van der Merwe
Sport/Position: Rugby/ Centre, Wing
DOB: April 28, 1986
Height/Weight: 183cm/ 99KG
Hometown: Regina, SK
Coach/Club: Glasgow Warriors
Twitter: @DTHVDM

Career Highlights:

Van der Merwe received his first Cap for Canada against Barbados during a World Cup Qualifier in the summer of 2006. Van der Merwe was named to Canada's roster for the 2007 and 2011 World Cups, starting all of Canada's matches and scoring two tries.



Athlete Name: Sean White
Sport/Position: Rugby/ Scrum Half
DOB: June 28, 1988
Height/Weight: 181cm/ 85KG
Hometown: Victoria, BC
Coach/Club: James Bay AA, BC Bears
Twitter: @Whiteslither

Career Highlights:

White received his first Cap for Canada during a tour of Japan in November 2009. An experienced member of Canada's sevens team, White was a part of the 2011 Pan-American games team that won gold in Mexico. More recently, White has been a member of Canada's 2013-14 IRB Sevens World Series Team that finished 6th overall.



Coach Name: Ben Herring
Sport/Event: Rugby Sevens
Hometown: Victoria, BC



SHOOTING



Team Canada in Glasgow

With **Dr. Susan Natrass**, a six-time Olympian and medallist at the 2010 Commonwealth Games in Delhi, India, and two sets of family members, the Canadian shooting team in Glasgow will be close-knit and experience-laden. It's a talented group that will aim to continue the successful run of Commonwealth Games medals at the shooting range that started in Victoria in 1994.

Father-son combination **Paul** and **Drew Shaw** will make up the men's trap and double trap teams at the Games. Paul, 65, represented Canada at the 1996 Olympic Games and has won numerous international medals in a competitive career that has spanned over 25 years. His son Drew, 26, who has represented Canada on the international stage since 2003, is looking forward to contending for medals with his father in Glasgow.

Sisters **Dorothy Ludwig** and **Lynda Kiejko** are targeting podium positions in both women's air pistol and 25m pistol events. Dorothy and Lynda won pairs bronze in air pistol at the 2010

Commonwealth Games in Delhi and look forward to achieving individual podium results in Glasgow.

Susan Verdier, Technical Director of the Shooting Federation of Canada, said: “The Commonwealth Games traditionally offer a friendly and very competitive environment for target shooters and the Glasgow Games will be no different. Our athletes are very much looking forward to Scotland and anticipating strong performances in many of the 19 events that make up the shooting program at the Games.”

Dates

July 23-29, 2014

Venue(s):

Barry Buddon Shooting Centre- Carnoustie, Angus

Number of Events:

Rifle events: Individual— 3 for men, 3 for women

Fullbore rifle events: Queen’s Prize Individual and Pairs

Pistol events: Individual— 3 for men, 2 for women

Trap and Double trap events: Individual— 2 for men, 2 for women

Skeet events: Individual— 1 for men, 1 for women

History

The invention of gunpowder by the ancient Chinese revolutionized warfare and hunting. Shooting festivals were held in northern Europe as early as the 16th century, but early firearms were notoriously inaccurate. The idea of rifling, or cutting spiral grooves inside the gun barrel, vastly increased the accuracy of firearms. Competitive shooting began in the late 18th century when pistols replaced swords for dueling. The target shooting sports developed only after technical advances made firearms significantly more accurate.

Men’s shooting was one of the nine sports on the program of the first modern Olympic Games in Athens in 1896. In the 1900 Games in Paris, live pigeons were used as moving targets. Eventually deemed unethical, after 1900 the live pigeons were replaced with clay targets . Women’s shooting disciplines were later first included in the 1984 Olympic Games in Los Angeles.

Shooting made its first appearance at the Commonwealth Games in Kingston, Jamaica in 1966. The

sport has been contested in every Commonwealth Games since.

Overview

Shooting events are distinguished by the type of firearm, the type of target-whether moving or stationary - and the distance of the shooter from the target. In rifle and pistol events, a score from one to 10 is awarded for each shot depending on its accuracy. In the clay target events (trap and skeet), points are awarded only for a "hit".

Equipment

Electronic targets are used for rifle and pistol events. In the clay target events, the target is a clay disc of 11 cm in diameter, 25 to 26 mm in thickness, and 105 g in weight. Discs are released from a single or double trap or, in the case of skeet, from a high or low house.

.177-calibre pellets are used in the 10-metre pistol and rifle events..22-calibre bullets are used in the 25- and 50-metre rifle and pistol events, and .308-calibre bullets are used for fullbore rifle. In the clay target events, 12-gauge shotguns are used and the normal ammunition is a cartridge weighing no more than 24 grams.

Disciplines

There are 19 shooting events to be contested in Glasgow:

Rifle Events

- **50m Rifle Prone:** 60 shots fired for men and women in 50 minutes from a prone position, shot from 50 m and using a .22-calibre rifle.
- **50m Rifle 3Positions:** a total of 120 shots for men and 60 shots for women, split equally between the kneeling position, prone position, and standing position, shot from 50 m using a .22-calibre rifle. In the men's event, all 120 shots must be made within 2 hours and 45 minutes.. Women have a total of 1 hour and 45 minutes to complete all 60 shots.
- **10m Air Rifle:** 60 shots for men and 40 shots for women from a standing position, shot from 10m using a .177-calibre air rifle. Shots must be made within 1 hour and 15 minutes for men and 50 minutes for women.
- **Fullbore rifle -** Five days of competition, open to men and/or women:

Pistol Events

- **50m Free Pistol:** 60 shots for men fired from 50 m within a 1 hour and 30 minute time limit.
- **25m Rapid-Fire Pistol:** Two stages for men of 30 shots each fired from 25m. Each 30 shot stage consists of six, five shot series; two with the target exposed for eight seconds, two at six seconds and

two at four seconds.

- **10m Air Pistol:** 60 shots for men and 40 shots for women fired from 10m. The time limit is 1 hour and 15 minutes for men and 50 minutes for women.
- **25m Sport Pistol:** 60 shots for women divided into two stages of 30 shots each fired from 25m. The first or Precision stage is comprised of six series of five shots fired within five minutes per series. The second or Rapid Fire Stage consists of six series of five shots, with one shot fired each time the target is exposed.
- **Skeet:** Only one shot per target can be fired. Five rounds of 25 targets are shot over the course of two days from up to eight shooting stations. The shotgun must be held at hip level until the target appears. Targets are thrown from either a high or low house, up to three seconds after the athlete's call, to a distance of 68 metres. Men must hit 125 targets and women 75 targets. Finals Round competitions are conducted with one Semifinal and two Medal Matches. Each Semifinal and Medal Match Stage consists of 8 Doubles (16 targets).
- **Trap:** Up to two shots can be fired at each target. Five rounds of 25 targets each are shot over the course of two days from five different shooting stations. Men take aim at 125 targets and women, 75 targets. Competitors raise their shotguns before calling for a target, which is thrown a distance of 76 metres. Finals Round competitions are conducted with one Semifinal and two Medal Matches. Each Semifinal and Medal Match Stage consists of 15 targets.
- **Double trap:** Similar to trap, but targets are thrown two at a time. Men fire three rounds of 50 targets (a total 150 targets) and women fire at 120 targets. Finals Round competitions are conducted with one Semifinal and two Medal Matches. Each Semifinal and Medal Match Stage consists of 15 Doubles (30 targets).

For more Information:

Shooting Federation of Canada

Connaught Ranges
45 Shirley Blvd.
Ottawa, ON K2K 2W6
Tel: (613) 727-7483
Email: info@sfc-ftc.ca
Website: www.sfc-ftc.ca

International Shooting Sport Federation (ISSF): www.issf-sports.org

Media attaché in Glasgow: Sylvie Bigras



Athlete Name: Aerial Arthur

Sport/Event: Shooting/ Women's Air Rifle

DOB: December 30, 1997

Height / Weight: 5'5"/125lbs

Hometown: Saskatoon, SK

Coach/Club: Scott Arthur/ Rifle and Revolver Club

Twitter: @AerialArthur

Career Highlights:

I have been competing in Canadian Nationals for the last four years, this year will be my fifth. When I was 13 I placed first in the Canada Winter Games. I competed in my first World Cup in 2013.

Major Competitions:

- Fort Benning World Cup
- Canadian Nationals
- Canada Winter Games



Athlete Name: Jason Caswell

Sport/Event: Shooting/ Skeet

DOB: June 7, 1974

Height / Weight: 5'10" / 175lbs

Hometown: Winnipeg, MB

Coach/Club: Gert Holmqvist/ Beaverhill Sporting Clay

Career Highlights:

Silver medal in pairs skeet at the Delhi Commonwealth Games

Major Competitions:

- 2011 Pan Am Games
- 2010 Commonwealth Games
- 2007 Pan Am Games
- 2000 Olympic Games
- 1996 Olympic Games
- 1995 Pan Am Games
- 1994 Commonwealth Games



Athlete Name: Monica Fyfe
Sport/Event: Shooting/ Air Rifle
DOB: August 17, 1990
Height / Weight: 163cm/ 58 KG
Hometown: Winnipeg, MB
Coach/Club: Bruce MacDonald/ MPRA
Instagram monicafyfe

Career Highlights:

- Joining the Senior National team at 14.
- Silver at the 2006 Commonwealth Games
- 2x Pan American Games Participant
- Went to Jacksonville State University in Jacksonville, Alabama to join the NCAA Division 1 team
- Attended NCAA National Championships with the team 3 times
- Silver at the 2008 Youth Commonwealth Games in Pune, India
- Gold at the 2010 CAT Games in Rio De Janiero, Brazil
- Current National Champion

Major Competitions:

- 2013 Canadian National Championships-1st
- 2013 Ohio Valley Conference Championships (NCAA)
- 2011 Canadian Nationals-1st in Air Rifle and 3-Position
- 2012 NCAA Championships- 7th
- 2011 NCAA Championships- 3rd 3-Position Team, 4th Overall Team
- 2011 Pan American Games- 9th
- 2010 CAT Games- 1st Air Rifle Team, 6th Individual
- 2007 Pan American Games- 7th
- 2008 Youth Commonwealth Games- 2nd
- 2006 Commonwealth Games- 2nd Air Rifle Pairs, 6th Individual



Athlete Name: Allan Harding

Sport/Event: Shooting/ 10M Pistol

DOB: June 11, 1975

Height / Weight: 5'7" / 200lbs

Hometown: Gibson, BC

Coach/Club: Patrick Haynes

Twitter: @alharding

Career Highlights:

Canadian National Junior Champion in 1995. Took a longer than planned 12 year break from shooting following the 1995 competition season. Returned to shooting sports in 2007 and quickly became one of the top shooters in British Columbia. Have been slowly climbing the international ranks since returning and began shooting on the ISSF World Cup Series in 2012.

Major Competitions:

- 2014 ISSF World Cup- Beijing, China
- 2014 ISSF World Cup- Maribor, Slovenia
- 2014 ISSF World Cup- Munich, Germany
- 2014 ISSF World Cup- Fort Benning, USA
- 2012 ISSF World Cup- Munich, Germany
- 2012 ISSF World Cup- Milan, Italy



Athlete Name: Mark Hynes

Sport/Event: Shooting/ 50M Pistol

DOB: March 16, 1974

Height / Weight: 185cm/ 87kg

Hometown: Bristol's Hope, NL

Coach/Club: Patrick Haynes/ Pembroke Outdoorsmen's Sports Club

Career Highlights:

- Won 5 titles at the nationals from 2009-2012 including 2 titles in 50 metre pistol
- Bronze – 2010 / 2012 / 2013 Canadian Grand Prix
- Won Team Bronze with the national team in 25 metre Centre Fire pistol at the 10th Continental Championships (Brazil).
- Have always finished in the top 3 in 3 separate pistol disciplines at the nationals since 2009.
- Team bronze at the 1991 Canada Winter Games, PEI
- Top junior at the 1995 Canadian Grand Prix.

Major Competitions:

- 2014 ISSF World Cup- Fort Benning, USA
- 2013 Canadian Nationals
- 2013 Canadian Airgun Grand Prix
- 2012 CISM Military World Shooting Championships, China
- 2012 Canadian Nationals
- 2012 Canadian Airgun Grand Prix, Toronto
- 2011 CISM Military World Games, Brazil
- 2011 Canadian Nationals
- 2011 World Cup, Fort Benning, USA
- 2010 10th Continental Championships, Brazil



Athlete Name: Metodi Igorov
Sport/Event: Shooting/ Rapid Fire Pistol
DOB: March 11, 1959
Height / Weight: 5'9" / 175lbs
Hometown: Montreal, QC
Coach/Club: Club de Tir de Montreal

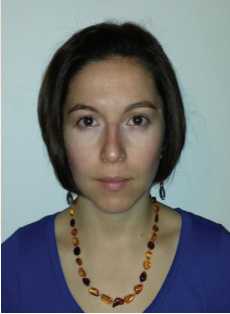
Career Highlights:

Started to train pistol shooting in 1974. Has won more than 500 medals and trophies. Has participated in World Championships, World Cups, European Championships, Pan American Games, CAT Games, Commonwealth Games and many other International, National and Provincial competitions. Master of Pistol shooting. Double gold medalist of the Commonwealth Games (1998 & 2002). Multiple Canadian Champion (18 times).

The 2014 Commonwealth Games will be my fifth and last Commonwealth Games.

Major Competitions:

- 2011 Pan American Games, Guadalajara, Mexico
- 2010 Commonwealth Games, New Delhi, India
- 2010 World Championships, Munich, Germany
- 2007 Pan American Games, Rio de Janeiro, Brazil
- 2006 Commonwealth Games, Melbourne, Australia
- 2005 CAT Games, San Juan, Puerto Rico
- 2003 Pan American Games, Santo Domingo, Dominican Republic
- 2002 Commonwealth Games, Manchester, England
- 1999 Pan American Games, Manitoba, Canada
- 1998 Commonwealth Games, Kuala Lumpur, Malaysia



Athlete Name: Lynda Kiejko

Sport/Event: Shooting

DOB: September 13, 1980

Height / Weight: 5'2" / 50kg

Hometown: Calgary, AB

Coach/Club: Lisa Borgerson/ Calgary Rifle and Pistol Club

Career Highlights:

Bronze medal with sister Dorothy Ludwig at 2010 Commonwealth Games, and Bronze medal at the 2010 Championship of the Americas with sister Dorothy Ludwig and teammate Avianna Chao.

Major Competitions:

- 2014 USA World Cup
- 2013 Changwon World Cup
- 2013 USA World Cup
- 2012 London World Cup
- 2012 Milan World Cup
- 2012 Munich World Cup
- 2011 Changwon World Cup
- 2011 USA World Cup
- 2011 Australia World Cup



Athlete Name: Dorothy Ludwig

Sport/Event: Shooting/ Air Pistol

DOB: January 16, 1979

Height / Weight: 5'4"

Hometown: Langley, BC

Coach/Club: Pat Gustafson/ Langley Rod and Gun Club

Career Highlights:

Gold at the 2011 Pan American Games, 34th at the 2012 London Olympics, Commonwealth Team medal (Bronze) with my sister Lynda Kiejko 2010.

Major Competitions:

- 2012 Olympic Games- 34th
- 2011 Pan American Games- 1st
- 2010 Championship of the Americas- Team 3rd
- 2010 Commonwealth Games- Team 3rd
- 2007 Pan American Games- 4th
- 2002 Commonwealth Games- 2nd
- 2002 Commonwealth Games- Team Gold



Athlete Name: Cynthia Meyer

Sport/Event: Shooting/ Women's Trap

DOB: October 6, 1965

Height / Weight: 5'4"/110lbs

Hometown: Bowen Island, BC

Coach/Club: Maid/ Gun Club

Career Highlights:

Cynthia won a gold medal in Trap Shooting at the Commonwealth Games in 2002 as well as 2 silver medals and 4 bronze medals from 2002 and other Commonwealth Games. Fifth place at the Sydney Olympics in 2000 in Women's Double Trap as well as a silver medal at the 1997 World Championships.

Major Competitions:

- 2010 Commonwealth Games, Delhi
- 2007 Pan American Games, Rio de Janeiro
- 2006 Commonwealth Games, Melbourne
- 2004 Olympic Games, Athens
- 2003 Pan American Games, Santo Domingo
- 2002 Commonwealth Games, Manchester
- 2000 Olympic Games, Sydney
- 1996 Olympic Games, Atlanta
- World Championships
- CAT Games



Athlete Name: Susan Natrass

Sport/Event: Shooting/ Trap

DOB: November 5, 1950

Height / Weight: 176cm/ 73 KG

Hometown: Edmonton, AB.

Career Highlights:

- 7 time Women's World Trapshooting Champion 1974 – 1981, 2006
- World Record Holder Women's Trapshooting 1974 – 1989; Double Trap 1993
- 6 time Olympian – 1976, 1988, 1992, 2000, 2004, 2008 Canadian Olympic teams
- 2 time Gold Medalist Women's Double Trap World Cups 1993
- U.I.T. Gold Medalist at 1988 Olympics
- 4 time Silver Medalist at World Championships 1971, 1982, 1991, 2001
- U.I.T. Silver Medalist at 1995 Pan American Games
- 4 time Bronze Medalist at World Championships 1983, 1985, 1986, 2005
- Winner of a Canadian Championship for 43 years
- Medalist in numerous international competitions
- Silver medalist World Cups: 2000; Bronze medalist World Cups: 2000, 2001
- 2-time Silver and 3-time Bronze medalist Commonwealth Games 2002, 2006 + 2010
- Bronze medalist Pan American Games 2003
- Gold Medalist at Pan American Games 2007



Athlete Name: James Paton

Sport/Event: Shooting/ Fullbore Rifle

DOB: May 24, 1957

Height / Weight: 5'10"/150lbs

Hometown: White Rocks, BC

Coach/Club: Sandy Peden/ British Columbia Rifle Association

Career Highlights:

1998 Commonwealth Games and the 1997 Commonwealth Shooting Federation matches in Malaysia. 1998 was the culmination of a lot of training and preparation by my Games partner Alain Marion and me assisted by my long time coach Sandy Peden. 1998 was a different story. We were part of a very successful Canadian shooting contingent. Alain and I bettered our result from the previous year's CWSF event by winning the Silver Medal in the Pairs event and I repeated the Individual Gold Medal.

Major Competitions:

- 2013 Canadian Fullbore Rifle Championship, Grand Aggregate Winner
- 2010 Commonwealth Games, Delhi
- 2009 Governor Generals Match, Canadian Fullbore Rifle Championship, Gold medal
- 2006 Commonwealth Games, Melbourne
- 2005 Queen's Prize Winner, Bisley England
- 2003 St Georges Cross Winner, Bisley England
- 1998 Commonwealth Games, Malaysia- Gold in individual, silver in pairs
- 1997 Commonwealth Shooting Federation, Malaysia- Gold Individual, Bronze pairs
- 1988 Australian Bicentennial Grand Aggregate Winner



Athlete Name: Patrick Payne
Sport/Event: Shooting/ Prone Rifle
DOB: January 25, 1946
Height / Weight: 180cm/ 81.6km
Hometown: Edmonton, AB
Coach/Club: Don Brook/ Edmonton Nordic Ski Club

Career Highlights:

Placing ninth at the Commonwealth Games in 2010, making the qualification round at the 2012 World Cup, Winning Canadian Cadet and Junior Fullbore Championships in 1962 and placing 11th at Bisley match.

Major Competitions:

- 2012 World Cup- qualification round
- 2010 Commonwealth Games- 9th
- 1962 Canadian Cadet and Junior Fullbore Champion
- 12 time member of national rifle team



Athlete Name: Drew Shaw
Sport/Event: Shooting/ Trap
DOB: September 25, 1987
Height / Weight: 5'6"/160lbs
Hometown: Collingwood, ON
Coach/Club: Paul Shaw/ Toronto International Trap and Skeet
Website: www.drewshaw.com

Career Highlights:

Competing in the 2010 Commonwealth Games and the 2011 Pan American Games with my father.

Major Competitions:

- 2014 World Cup, Tucson Arizona
- 2011 Pan Am Games
- 2010 Commonwealth Games



Athlete Name: Paul Shaw

Sport/Event: Shooting/ Trap and Double Trap

DOB: June 20, 1949

Height / Weight: 5'7"/225lbs

Hometown: Collingwood, ON

Coach/Club: Toronto International Trap and Skeet Club

Career Highlights:

- '87 Pan American Games Individual silver and team silver
- '95 Pan American Games team silver
- '94 World Championships double trap - fifth
- ATA All-American Team achievement (more than a dozen times)
- 2013 Canadian Champion in International Trap and Double Trap
- 1996 Atlanta Olympic Games

Major Competitions:

- 2011 Pan American Games, Guadalajara (also '87, '95 and 2003)
- 2010 Commonwealth Games, Delhi
- 1996 Olympic Games
- World Championships- numerous
- World Cups- numerous
- Championships of the Americas- numerous



Athlete Name: Desmond Vamplew

Sport/Event: Shooting/ Fullbore

DOB: August 20, 1955

Height / Weight: 5'8"

Hometown: Toronto, ON.

Coach/Club: Pat Vamplew/ Dominion of Canada Rifle Association

Career Highlights:

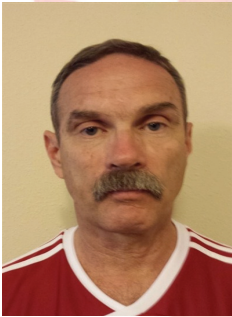
He has gone on to represent Canada in many International Fullbore competitions as both a competitor and coach. At an early age he won the Gold medal at the 1978 Edmonton Commonwealth Games while brother Pat took home the Bronze. In 1981, he was a member of the winning Palma World Championship Canadian Team and the 1994 World Championship Silver medal team where he also won two gold and two silver individual medals.

Major Competitions:

- 2013 National Championships
- 2013 NRA (UK) Nationals at Bisley
- 2012 National Championships
- 2011 National Championships
- 2010 Commonwealth Games
- 2010 National Championships
- 2009 National Championships
- 2994 Palma World Fullbore Championships- 2 Golds, 3 Silvers
- 1984 ISSF Benito Juarez- Gold in smallbore prone
- 1978 Commonwealth Games- Gold



Coach Name: Richard Lanning
Sport/Event: Shooting
Hometown: St. Thomas, ON
Club: Shooting Federation of Canada



Coach Name: Patrick Vamplew
Sport/Event: Shooting
Hometown: Whitby, ON

SQUASH



Team Canada in Glasgow

Canada's top male and female players, **Shawn Delierre** of Montreal, Que. and **Samantha Cornett** of Deep River, Ont. will represent Canada at the 2014 Commonwealth Games in Glasgow, Scotland. With squash not currently on the Olympic program, the squash competition at the Commonwealth Games is one of the top events on the international squash calendar with leading nations such as England, Australia, India and New Zealand sending their best players.

Shawn Delierre is a seasoned veteran on the Professional Tour, having participated in the previous Commonwealth Games in Delhi in 2010. Delierre reached a career high #38 in the world on the Professional Squash Association (PSA) world tour in 2013 and helped guide Canada to 11th place at the Men's World Team Squash Championship in Mulhouse, France in 2013.

Making her second consecutive Commonwealth Games team is **Samantha Cornett**, one of the rising stars on the Women's Squash Association (WSA) professional tour. Cornett has reached a career high

28 in the world in the May 2013 world rankings, following a Top 16 finish at the WSA World Championship in Malaysia. Cornett also recently captured her second Canadian Squash National Championship title in Edmonton, Alta.

According to Yvon Provençal, Canada's national team squash coach, Delirre and Cornett have been Canada's top performers on the world circuit for the past few years.

"Shawn brings a wealth of experience, having been on tour for 14 years with 12 titles," noted Provençal. "Glasgow will be his third Commonwealth Games and he will be looking to improve his top 16 finish in Delhi. Sam is from the newer generation and climbing the world rankings steadily. She is now challenging many of the top-ranked players in the world, so Glasgow will be another chance for her to showcase her talent. Sam and Shawn will also team up to play mixed doubles and will be one of the teams to look out for."

Athletes named by Squash Canada to Team Canada for the 2014 Commonwealth Games were selected based on their ranking on the Professional Squash Association (PSA) tour for men and the Women's Squash Association (WSA) tour for women, as of May 1, 2014.

Dates

July 24- August 3, 2014

Venue(s):

Scotstoun Sports Campus

Number of Events:

5 events — Singles (men and women), doubles (men and women) and mixed doubles

History

The exact origins of squash are difficult to establish. What we do know is that a game called "rackets" was popular in Great Britain at the beginning of the 19th century. It was played against a wall in London's taverns and prisons.

Without explanation, around the 1820s, the sport moved from this somewhat unsavoury milieu to one of the United Kingdom's most prestigious schools — Harrow. There, the sport of rackets apparently underwent its transformation into squash. As the story goes, two students who were waiting their turn at rackets invented the new game. As they talked in a desultory fashion, one of the two took a small rubber ball out of his pocket. After bouncing it two or three times on the ground, he hit it against the door of the courtyard with his paume racquet. His chum joined in and they started doing real exchanges, sometimes before the rebound, sometimes after. In a few minutes, they had worked up some rules and were having fun bashing the ball around the four walls of the little

courtyard. Squash had just been invented! Unfortunately, we shall never know these first players' names.

It wasn't until the end of the century (1893) that squash and its rules were mentioned in a book. The name "squash" is thought to come from the sound the ball makes as it hits the wall.

Since the construction of the first court in Quebec City in the 1800s, the sport of squash has grown in Canada. It is estimated that more than 400,000 Canadians — and more than 15 million people worldwide — play squash competitively or just for fun..

Squash (singles) made its debut at the Commonwealth Games in Kuala Lumpur in 1998.

Overview

Singles

Field of Play

The game is played on an enclosed court measuring 6.4 m x 9.75 m. There are "out of court" lines at a height of 4.57 m on the front wall, 2.13 m on the back wall, and sloping down from front to back along the sidewalls. At the base of the front wall is a 48-centimetre-high "tin," which the ball may not hit. A "cut line" is marked on the front wall 1.78 m from the floor. The floor is marked by two service courts and two quarter courts. Players use a racquet to strike the ball towards the front wall of the court.

Rules

The ball may make contact with the side or back walls on its way to the front wall. Play begins with one player serving the ball against the front wall from within his or her own service box. The serve must hit the front wall above the cut line and land in the opposing player's quarter court, unless it is volleyed first.

Each game is played to 11 points. The player who scores 11 points first wins the game. If the score reaches a 10-all tie, the game continues until one player leads by two points. Either player may score points (PAR – point- a-rally). The server, on winning a rally, scores a point and retains the service; the receiver, on winning a rally, scores a point and becomes the server.

A match is the best of five games. The first player to win three games wins the match. The player winning the preceding game serves first in the next game.

International Doubles

Field of Play

The game is played on an enclosed court measuring 8.42 m x 9.75 m. There are "out of court" lines at a height of 4.57 m on the front wall, 2.13 m on the back wall, and sloping down from front to back along the sidewalls. At the base of the front wall is a 48-centimetre-high "tin," which the ball may not

hit. A “cut line” is marked on the front wall 1.78 m from the floor. Two service courts and two-quarter courts mark the floor. Players use a racquet to strike the ball towards the front wall of the court.

Rules

World squash doubles is played between two teams of two players each. All players must wear eye guards at all times while playing.

The ball may make contact with the side or back walls on its way to the front wall. Play begins with one player serving the ball against the front wall from within his or her own service box. The serve must hit the front wall above the cut line and land in the opposing player’s quarter court, unless it is volleyed first.

Serving Order

The nominated first server from team a serves. If Team A loses a rally, the marker calls “hand-out”. The first nominated server from Team B then serves. If that team loses a rally, the marker calls “hand-out”. The nominated second server from Team A then serves and so on.

For World Squash Federation elite events (World doubles, Commonwealth Games), matches are played to 11 points, best of three games. At 10-all there is no tiebreak.

For more Information:

Squash Canada

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Ottawa, ON K1H 7X3

Tel: (613) 731-7385

Email: squash.canada@squash.ca

Website: www.squash.ca

World Squash Federation: www.worldsquash.org

Media attaché in Glasgow: Alison Korn



Athlete Name: Samantha Cornett

Sport: Squash

DOB: February 4, 1991

Height/Weight: 177 cm / 65 kg

Hometown: Deep River, Ontario

Coach/Club: Jessica DiMauro, National Squash Academy

Twitter: @cornettsamantha

Career Highlights:

Holder of two Canadian National Singles Championships (2013 & 2014); ranked 28th in the world on the WSA rankings and has four career WSA World Tour Titles. Cornett is also the 2011 Pan Am Games Singles silver medalist and led Canada to the gold medal in the Team Competition. Glasgow is Cornett's second Commonwealth Games.

Major Competitions:

- 2013 Tournament of Champions 9/16
- 2013 US Open 17/32
- 2013 World Championships 9/16
- 2013 Montreal Open Champion
- 2013 Canadian National Champion
- 2012 Women's World Team Championships, 12th
- 2012 World Championships 17/32
- 2012 Montreal Open Champion
- 2011 Pan Am Games -Gold, Team Event, Silver Singles Event
- 2011 World Championships Final Round Qualification
- 2011 Tasmanian Open Champion
- 2010 Commonwealth Games 17/32 singles; 9th women's doubles; 13th mixed doubles



Athlete Name: Shawn Delierre

Sport: Squash

DOB: May 25, 1982

Height / Weight: 178 cm / 68 kg

Hometown: Montreal, Quebec

Coach/Club: Yvon Provençal /Club Atwater

Twitter: @shawndelierre

Career Highlights:

Holder of one Canadian National Singles Championship (2013); currently ranked #74 in the world on the PSA World Rankings, he reached a career-high world ranking of No. 35 in March 2013. Delierre has captured 12 career PSA Tour Titles in his 14-year career and has been a member of Canada's National Team for over a decade. At the 2011 Pan Am Games, Delierre captured the bronze medal in singles and led Canada to a silver medal finish in the team event. Glasgow will be Delierre's third Commonwealth Games.

Major Competitions:

- 2013 Canadian Men's National Champion
- 2013 Canadian #1
- Member of Team Canada since 2003
- Highest World Ranking: #35 (March 2013)
- 2011 Pan American Games in Guadalajara: bronze (individual) & silver (team)
- 2010 Commonwealth Games: singles 16/64; men's doubles 9/26
- 2007 Pan American Games in Rio de Janeiro: bronze (individual) & silver (team)
- 2006 Commonwealth Games: 9/64



Coach's Name: Yvon Provençal

Sport/Event: Squash

Hometown: Montreal, Quebec

Club: Club Sportif MAA



SWIMMING



Team Canada in Glasgow

With two-time Olympic medallist **Ryan Cochrane** leading the way, and a crop of young swimmers on the rise, the outlook is bright for Canadian swimming.

After winning a silver medal in the 1,500-metre freestyle at the 2012 Olympics in London, Cochrane followed up with a repeat of that performance at the 2013 FINA World Championships in Barcelona. Cochrane, who also took a bronze in the 800-m earlier in the event, is just the second man in history (Grant Hackett, Australia) to medal in both those events at three straight world championships. His six career medals also make him the most decorated Canadian swimmer of all time at world championships. His success also extends to the Commonwealth Games, as he brought home gold medals in the 400 and 1,500 from Delhi in 2010.

Cochrane wasn't the only medallist in Barcelona. Hilary Caldwell, his teammate at the Swimming Canada High Performance Centre – Victoria, emerged with a bronze medal in the 200-m backstroke.

Caldwell improved her time from heat to semifinal to final, setting a Canadian record every time she jumped in the pool. Also setting a Canadian record in Barcelona was Katerine Savard of Pont-Rouge, Que., in the 100-m butterfly. The women's 4x100-m freestyle relay of Victoria Poon, Sandrine Mainville, Chantal Van Landeghem and Sam Cheverton also set a new national mark.

Canada's para-swimming program has brought home the hardware as well. The 2013 IPC World Championships in Montreal were the coming-out party for Montrealer Aurelie Rivard, who won five of Canada's 16 medals (three silver, two bronze).

Typically, the month of October marks the beginning of the season for elite swimmers, with Canadian team trials in late March and early April.

Dates:

July 24-29, 2014

Venue(s):

Tollcross International Swimming Centre

Number of Events:

19 events for men, 19 events for women.

History

Although not part of the ancient Olympic Games, swimming, in the form of an underwater obstacle course, was included in the training of ancient Greek and Roman soldiers. It was also favoured as a competitive or recreational activity in medieval Europe. In Japan, swimming competitions were held as early as 36 BC. The Japanese interest in swimming dates back to an imperial transcript that made swimming a compulsory part of the school curriculum in 1603.

At the first modern Olympic Games in Athens in 1896, swimming competitions took place in the yachting marina at Zea (Piraeus). The swimmers boarded a boat that took them out into the cold waters of the Saronic Gulf, where they dove into the sea and raced toward the finishing line at the marina Zea's shore.

The swimming venue has greatly improved since then. At the 1900 Olympic Games in Paris, the Seine River was the venue for the swimming events. In 1908 the swimming competitors raced in a 100-m pool within a running track. The 100-m event that began exclusively for Greek sailors in 1896 has now evolved into multiple men's and women's events in state-of-the-art aquatic facilities. Women's swimming entered the Olympic Games in 1912.

Overview

Men's and women's competitions combine individual medley, freestyle, backstroke, butterfly and breaststroke, and freestyle and medley relays over a number of distances.

The indoor competition pool is 50 metres long and is divided into eight 2.5-metre lanes. Each stroke has its own regulations regarding proper starts, leg and arm movements during the races and how the swimmer must touch the wall at the end of each length. For all strokes except backstroke, the race begins with a dive from a starting block. Backstroke events start in the water. Any swimmer who leaves the starting block or wall prior to the starting signal is disqualified.

In all swimming events, the individual or team with the fastest time wins.

Each race has a maximum of eight swimmers. Preliminary heats in the 50-m, 100-m and 200-m distances lead to semifinals and finals based on the fastest times. In relays and individual events of 400 metres or more, the eight fastest finishers in the preliminaries advance directly to the finals.

Freestyle

Events: 50-m, 100-m, 200-m, 400-m, 800-m and 1,500-m. The freestyle events are those in which the swimmer may swim any stroke, with the exception of the freestyle segments in the individual medley and medley relay events where freestyle means any swimming stroke other than backstroke, breaststroke or butterfly. Some part of the swimmer's body must touch the end wall at the end of each length and at the finish, while some part of the body must break the surface throughout the race except at the start and turn.

Backstroke

Events: 100-m and 200-m. Swimmers must remain on their backs throughout the race except during the flip-turn. The normal on-the-back position may include a body roll movement that does not exceed 90 degrees from the horizontal. Some part of the body must break the surface of the water throughout the race except for after the start and during and after the turn, when the body may be completely under water (for a distance of no more than 15 m in both cases).

Breaststroke

Events: 100-m and 200-m. Breaststroke is a complex swimming style that demands perfect coordination of arm and leg movements. Unlike freestyle and backstroke, in breaststroke the arms and legs move simultaneously on the same horizontal plane. If the swimmer gets out of synch or if a competitor touches the wall with one hand during the turn, she/he is disqualified.

Butterfly

Events: 100-m and 200-m. In the butterfly, both arms move simultaneously in a circular pattern while the legs move with an up-and-down dolphin kick. A common cause for disqualification is when the competitor touches the wall with one hand during the turn, or moves his or her legs contrary to the regulations.

Individual Medley

Events: 200-m and 400 m. The individual medley is made up of equal distances of the four swimming strokes in the following order: butterfly, backstroke, breaststroke and freestyle. Each leg must begin and end in accordance with the rules applicable to the particular stroke.

Relays

Events: 4x100-m freestyle, 4x100-m medley, 4x200-m freestyle. Four swimmers from the same team compete together in a relay event, each using one of the four swimming strokes. The order of the medley relay is backstroke, breaststroke, butterfly and freestyle. Once the first relay member touches the wall, the next relay member dives in. The third and fourth members follow this pattern. Relay changeovers are only valid when the feet of the outgoing swimmer detach from the starting blocks at least 0.03 seconds after the fingers of the incoming swimmer touch the wall. If the outgoing swimmer moves too early, his or her team is disqualified.

For more Information:

Swimming Canada

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nwhite@swimming.ca

Website: www.swimming.ca

Fédération Internationale de Natation (FINA): www.fina.org

Media attaché in Glasgow: Jeff Feeney and Alison Korn (Para)



Athlete Name: Alyson Ackman

Sport/Event: Swimming/200 FR, 100FR

DOB: February 6, 1993

Height/Weight: 5'5"/ 133lbs

Hometown: Pembroke, ON

Coach/Club: Martin Gingras/ Pointe-Claire Swim Club

Twitter: @ackattack1221

Career Highlights:

Ackman made it into the final of the 200m freestyle at 2012 Olympic Trials – her goal was based on times, not placing, but nevertheless she “just snuck in.” She was ecstatic to experience what it felt like to be among the nation’s top athletes. In 2014 she broke through. After beating the 200-yard freestyle Big Ten record and attaining First Team All-America status at the NCAA Women’s Division I Championships, Ackman continued to excel at Canadian Swimming Trials. She made four finals and earned her first senior national team spot with third-place finishes in the 100-m and 200-m freestyle.



Athlete Name: Coleman Allen

Sport/Event: Swimming/ 50 FL, 200 FR, 100FL

DOB: February 9, 1993

Height/Weight: 188cm/81.6KG

Hometown: Spokane, WA

Coach/Club: Tom Johnson/ High Performance Centre- Vancouver

Twitter: @ColemanAllen1

Career Highlights:

In 2013 he represented Canada at the Summer Universiade in Kazan, Russia, and the FINA World Championships in Barcelona. Allen finished seventh in the 50-m butterfly in Kazan. He swam three events in Barcelona, placing 32nd in the 50-m fly, 29th in the 100, and 15th in the 4x100-m medley relay. Later, he broke the Canadian short course record in the 100-m butterfly in Eindhoven clocking 50.90. Allen finished first in the 100-m butterfly and third in the 200-m freestyle at the 2014 Canadian Swimming Trials and qualified for the Pan Pacific Championships and the Commonwealth Games. At the 2012 FINA World Swimming Championships (25m) in Istanbul, Allen and Jake Tapp were Canada's busiest men with a total of seven swims each. Allen set four personal bests, highlighted by a 23rd-place finish in the 200-m butterfly.



Athlete Name: Gamal Assaad

Sport/Event: Swimming/200 FL, 100FL, 50 FL

DOB: May 9, 1995

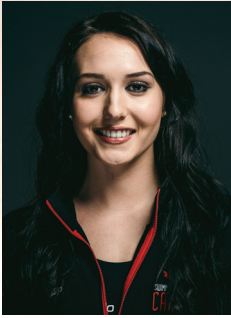
Height/Weight: 5'10" / 150lbs

Hometown: Oakville, ON

Coach/Club: Sean Baker/ Oakville Aquatic Club

Career Highlights:

Assaad competed at the 2013 Canada Games, representing Team Ontario and won a silver medal in the 200-m butterfly. Later that year he represented Canada again at the 4th FINA World Junior Championships in Dubai, his first major international junior competition. He finished 19th in the 100-m butterfly and 20th in the 50. Assaad finished second in the men's 100-m fly at the 2014 Canadian Swimming Trials to qualify for his first senior national team.



Athlete Name: Tabitha Baumann

Sport/Event: Swimming/400 FR, 800 FR

DOB: July 21, 1995

Height/Weight: 5'7"/58KG

Hometown: Auckland, New Zealand

Coach/Club: Derrick Schoof/ Edmonton Keyano Swim Club

Career Highlights:

Tabitha Baumann, daughter to Canadian swimming legend, Alex Baumann, is certainly making her own name for herself in the pool. She qualified for her first National Development Team Program tour at the age of 14 with the 2010 Prospects initiative. In 2011 she made the senior 'B' Nations Cup team and won a bronze medal for Canada in the 1,500-m freestyle. In 2011 she represented Canada internationally at the World Junior Championships in Lima, Peru. She specializes in distance events and in practice she says she enjoys longer sets because it allows her to get more "into it." Despite her success in the pool Baumann says she still gets very nervous before a race.



Athlete Name: Morgan Bird

Sport/Event: Para-Swimming/ 100 FR S8

DOB: September 6, 1993

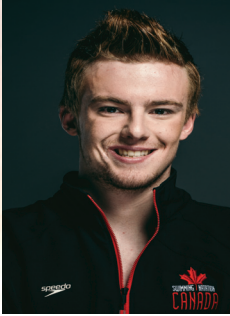
Height/Weight: 5'2"/ 122lbs

Hometown: Calgary, AB

Coach/Club: Kristina Crooks/ Cascade Swim Club

Career Highlights:

Made her international breakthrough at the 2013 IPC World Championships in Montreal. She competed in five events in the S8 category, earning two silver medals and reaching the finals in the other three. Bird took second in the 50-m freestyle and helped Canada to a surprise runner-up finish in the 4x100 freestyle relay. She was also fourth in the 100-m freestyle, fifth in the 400-m freestyle and sixth in the 100-m butterfly. With the exception of the 400-m free, all were Canadian record times. Bird was part of Canada's impressive youth movement at the 2012 Paralympic Games in London. Only 19 and making her Games debut, she reached finals in three of her four individual events including a fourth-place finish in the 400-metre freestyle. She was also sixth in the 100-m freestyle and eighth in the 50-m freestyle.



Athlete Name: Will Brothers

Sport/Event: Swimming/400 FR, 400 IM, 1500 FR

DOB: October 4, 1994

Height/Weight: 6' / 160lbs

Hometown: Canmore, AB

Coach/Club: Randy Bennett & Ryan Mallette/ High Performance Centre-
Victoria

Twitter: @will_brothers

Career Highlights:

Made his first senior national team in arguably the most dramatic race of the 2013 World Championships Trials in Victoria. Brothers charged down High Performance Centre- Victoria teammate Eric Hedlin on the final length of the men's 1,500-m freestyle to grab the second available spot for Barcelona behind Ryan Cochrane. In the process, he became the second-fastest Canadian of all time in that event. At the 2013 FINA World Championships in Barcelona, Brothers gained valuable experience in his senior international debut, placing 25th overall in the 1,500. He also competed in the 1,500 and 800 at the 2013 Summer Universiade in Kazan, Russia. Brothers continued to perform with a silver in the 1500 freestyle and a bronze in the 200-m and 400-m individual medley at the 2014 Canadian Swimming Trials in Victoria, qualifying for the Pan Pacific Championships and Commonwealth Games teams.



Athlete Name: Hilary Caldwell

Sport/Event: Swimming/50 BK,100 BK, 200 BK

DOB: March 13, 1991

Height/Weight: 5'8"/ 61 KG

Hometown: White Rock, BC

Coach/Club: Randy Bennett/ High Performance Centre- Victoria

Twitter: @hilcaldwell

Career Highlights:

In 2013, she became the first Canadian to win a world championship medal in the 200m backstroke since Cheryl Gibson in 1978, lowering the Canadian record in each of the three rounds. Following the worlds Caldwell lowered the national short-course record in the 200 back at the FINA World Cup circuit. She also won silver medals in the event at two U.S. Grand Prix events. Her performance earned Caldwell a Swimming Canada Big Splash Award as the OMEGA Female Swimmer of the Year for 2013. Caldwell finished second to Sinead Russell at the Olympic Trials in Montreal, earning a spot on Canada's team heading to the 2012 Games. She finished 18th in London.



Athlete Name: Geneviève Cantin

Sport/Event: Swimming/200 BK

DOB: January 4, 1991

Height/Weight: 178cm/58.3KG

Hometown: Saquenay, QC

Coach/Club: Nicholas Perron/ Rouge et Or, Université Laval

Twitter: @gecan27

Career Highlights:

Made her international debut at the Pan Pacific Championships in Irvine, Calif, in 2010. A star for Canada at the junior level, Cantin's sixth-place finish in the 200-m backstroke at the Pan Pacs secured her a place at the Commonwealth Games in Delhi, India, where she finished seventh. She represented Canada again at the 2011 World Championships in Shanghai, finishing 16th, but fell short of the senior national team in 2012 and 2013. Cantin did represent Canada at the 2013 Summer Universiade in Kazan, Russia, finishing fifth, then earned her way back on to the top team at the 2014 Canadian Swimming Trials in Victoria. She won a deep and exciting women's 200-m backstroke race ahead of Olympic finalist Sinead Russell and defending world championship bronze medallist Hilary Caldwell. As part of the Canadian junior team she competed at the Junior Pan Pacific Championships and North American Challenge Cup in 2009, as well as the world junior championships and European tour in 2008.



Athlete Name: Samantha Cheverton

Sport/Event: Swimming/200 FR, 400 FR

DOB: August 11, 1988

Height/Weight: 5'3"/ 115lbs

Hometown: Pointe-Claire, QC

Coach/Club: Martin Gingras/ Pointe-Claire Swim Club

Twitter: @samcheverton

Career Highlights:

She finished 21st in the 200-m freestyle and helped Canada to sixth place in the 4x200 free relay. Cheverton competed in the 200-m freestyle at the 2012 Olympics in London, matching a personal best in the semifinal to finish 11th. She also swam relays for Canada, combining with Barbara Jardin, Amanda Reason and Brittany MacLean for a fourth place finish in the 4x200. The 2013 season was a busy one for Cheverton; she got off to a great start in the new quadrennial with silver in the 200-m freestyle and fourth spot in the 400-m freestyle at the U.S. Grand Prix in Orlando, her first competition since the Games. She qualified for the FINA World Championships in the 200-m freestyle and 4x100-m freestyle at the team trials in Victoria. In 2014 she qualified for the Pan Pacific Championships and Commonwealth Games with a second-place finish in 200-m freestyle at Canadian Swimming Trials in Victoria.



Athlete Name: Ryan Cochrane

Sport/Event: Swimming/200 FR, 400 FR, 1500 FR

DOB: October 29, 1988

Height/Weight: 193cm/82.6KG

Hometown: Victoria, BC

Coach/Club: Randy Bennett/ Island Swimming Club

Twitter: @cochraneryan

Career Highlights:

In addition to his two Olympic medals, Cochrane's silver medal in the 1,500-metre freestyle at the 2013 FINA World Championships gave him six for his world championships career, the most all-time for a Canadian. Earlier in the championships he took bronze in the 800m freestyle. He is only the second man in history to double-medal in those two events at three straight worlds, Australian legend Grant Hackett being the other. He was recognized with the 2013 OMEGA Male Swimmer of the Year Award, his sixth straight. Cochrane took bronze in the 1500-metre freestyle in Beijing in 2008 after winning the preliminary round with a new Olympic record, lowering his own Canadian record by 10 seconds. He followed up four years later with a silver-medal performance in London, again bettering his own national record. It was Canada's top finish in the pool. He was also in the mix for another medal in London, but missed the 400-m freestyle final by just one one-hundredth of a second, settling for ninth. His other international highlights include silver medals in the 1,500 and 800 at the 2011 World Championships in Shanghai. He also turned in a pair of double gold performances in 2010 – in Delhi at the Commonwealth Games (400 and 1,500) as well as the Pan Pacific Championships in Irvine, Calif. (800 and 1,500; silver in 400).



Athlete Name: Richard Funk

Sport/Event: Swimming/50 BR, 100 BR, 200 BR

DOB: November 22, 1992

Height/Weight: 5'11"/ 170lbs

Hometown: Edmonton, AB

Coach/Club: Mike Bottom & Derrick Schoof/ Edmonton Keyano Swim Club

Twitter: @rFunk08

Career Highlights:

In 2013, Funk qualified for both the Summer Universiade and the FINA World Championships after winning the 100-m breaststroke at the Canadian team trials. He swam in two finals at the Universiade in Kazan, Russia, coming eighth in the 100-m breaststroke and helping Canada to sixth in the 4x100-m medley relay. At the world championships he clocked a personal best in the 50-m breast to finish 22nd. Also in 2013, he helped the University of Michigan to the NCAA team title. Funk was named an All American in the 100 and 200-yard breaststrokes and 400-yard medley relay.



Athlete Name: Yuri Kisil

Sport/Event: Swimming/50 FR, 100 FR

DOB: September 18, 1996

Height/Weight: 6'6"/ 170lbs

Hometown: Calgary, AB

Coach/Club: Dave Johnson/ Cascade Swim Club

Twitter: @yuri_kisil

Career Highlights:

His first competition was the 2014 Canadian Swimming Trials, winning the 100-m freestyle in Victoria to become the youngest Canadian male to ever to swim under the 50-second barrier. His selection to the 2013 FINA World Junior Championships in Dubai was his first major junior international competition.



Athlete Name: Audrey Lacroix
Sport/Event: Swimming/200 FL, 100FL
DOB: November 17, 1983
Height/Weight: 163cm/53.8KG
Hometown: Pont-Rouge, QC
Coach/Club: Benoit Lebrun/ C.N. PRO
Twitter: @audreylacroix

Career Highlights:

In 2013, she competed at her sixth FINA World Championships (a Canadian record) and just missed reaching the 200-m butterfly final by 0.05 seconds, settling for 10th. Following the worlds, Lacroix competed at two FINA World Cups in Europe, earning bronze in the 200-m butterfly at both events. Lacroix made her second Olympic appearance in London in 2012, after struggling with anxiety and injury the previous year. She went on to qualify for semifinals in London, and finished 12th in the 200-m butterfly. This was right in line with her 12th place finish at the 2011 World Aquatics Championships in Shanghai, where she also finished 20th in the 100-m fly. Lacroix achieved one of her career highlights in the 200-m butterfly at the 2010 Commonwealth Games in Delhi, winning silver next to longtime rival Jessicah Schipper of Australia. At the end of the 2009 season, Lacroix helped set a world record as part of Canada's 4x100-m medley relay with Annamay Pierse, Victoria Poon and Katy Murdoch at the British Gas Grand Prix in Leeds, UK. She also set a Canadian record in the 200-m butterfly at the short-course meet. After two attempts to make Canada's Olympic Team, Lacroix qualified for the 2008 Olympics in front of a packed house in Montreal. At the 2008 Games, Lacroix contributed to the 4x100-m medley and freestyle teams, which both qualified for finals and set National records. In 2003, she won her first major international medals, earning gold and silver at the Pan American Games in Santo Domingo. Other career highlights include bronze in the 100-m butterfly at the 2006 Commonwealth Games in Melbourne, Australia.



Athlete Name: Brittany MacLean

Sport/Event: Swimming/200 FR, 400 FR, 800 FR

DOB: March 3, 1994

Height/Weight: 5'8"/ 165lbs

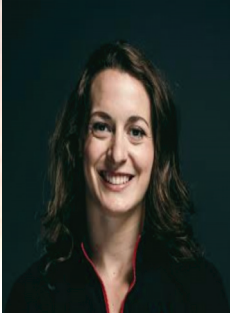
Hometown: Etobicoke, ON

Coach/Club: Kevin Thorburn/ Etobicoke Swim Club

Twitter: @b_maclean

Career Highlights:

Her first Olympic appearance was in 2012, qualifying for finals in the women's 400-metre freestyle in London. The then 18-year-old finished seventh in that event, and was also part of Canada's fourth-place team in the 4x200-m freestyle relay. She earned Swimming Canada's 2012 Junior Female Swimmer of the Year award for her performance. MacLean continued to establish her national team presence in 2013, qualifying for both the FINA World Championships and the Summer Universiade in Russia. At the worlds in Barcelona, she helped Canada to sixth spot in the women's 4x200-m freestyle relay. At the Universiade she collected two bronze medals and three fourth -place finishes. She was on Canada's bronze-medal winning teams in the 4x100-m and 4x200-m freestyle relays and was fourth in the 200-m freestyle, 400-m freestyle and 4x100-m medley relay. In 2011, MacLean made the team for World Championships in the women's 4x200 free relay, which she anchored and helped to secure an Olympic berth with a sevent-place finish. She followed that performance by winning two gold medals for Canada at the world juniors, in the 200-m and 400-m freestyle.



Athlete Name: Sandrine Mainville
Sport/Event: Swimming/50 FL, 50 FR, 100 FR
DOB: March 20, 1992
Height/Weight: 173cm/140lbs
Hometown: Boucherville, QC
Coach/Club: Benoit Lebrun/ C.N. PRO
Twitter: @sandy_mainville

Career Highlights:

2013 season where she represented Canada at both the Summer Universiade in Kazan, Russia, and the FINA World Championships in Barcelona. At the Universiade Mainville was part of the Canadian 4x100-m freestyle relay team that won bronze. She also swam a personal best time to finish fourth in the 100-m freestyle and reached the finals in the 50-m butterfly and 50-m freestyle. A few weeks later at the world championships Mainville helped Canada set a national record with a fifth-place finish in the 4x100 freestyle relay. She also reached the semifinal in the 50-m butterfly, finishing 16th.



Athlete Name: Martha McCabe
Sport/Event: Swimming/100 BR, 200 BR
DOB: August 4, 1989
Height/Weight: 5'6"/ 127lbs
Hometown: Toronto, ON
Coach/Club: Ben Titley/ UBC Dolphins Swim Club
Twitter: @MarthMcC

Career Highlights:

McCabe swam into the world's elite with a bronze-medal performance at the 2011 World Championships, followed by a fifth-place finish at her first Olympics in London in 2012. Her success in the 200-metre breaststroke event earned her the OMEGA Female Swimmer of the Year award at the 2012 Big Splash Awards. At the 2010 Commonwealth Games, McCabe just missed the podium in the 200-m breaststroke. She was a finalist at the 2010 Pan Pacific Championships and FINA World Swimming Championships (25m) in Dubai. At the 2009 World Trials, McCabe earned a spot on her first senior international team by placing second in the 200-m breaststroke.



Athlete Name: Marni Oldershaw
Sport/Event: Swimming/200 IM, 400 IM
DOB: August 11, 1994
Height/Weight: 5'3"/ 130lbs
Hometown: Oakville, ON
Coach/Club: Sean Baker/ Oakville Aquatic Club
Twitter: @marnioldershaw

Career Highlights:

Oldershaw's National Development Team Program resume includes the 2008 and 2009 North American Challenge Cup, the 2010 Junior Pan Pacific Championships, 2011 Youth and Junior Great Britain Tour, and the 2011 World Junior Championships in Lima, Peru.



Athlete Name: Emily Overholt
Sport/Event: Swimming/200 FL, 200 FR, 400 IM
DOB: October 4, 1997
Height/Weight: 5'6"/ 110lbs
Hometown: Vancouver, BC
Coach/Club: Janusz Kaczmarek/ West Vancouver Otters

Career Highlights:

In 2012 Overholt broke the national age group records in the 13-14 200-m butterfly (short course), and 13-14 400-m individual medley (long course). In 2013 she was selected to represent Canada at the Australian Youth Olympic Festival, then went on to win bronze in the 400-m IM at World Junior Championships and was part of the 4x200 relay team that finished fourth. That experience gave her the confidence to make the senior national team, which she did with a silver medal in the 400 IM at the 2014 Canadian Swimming Trials in Victoria. That made her the youngest member of the 2014 national team.



Athlete Name: Sydney Pickrem
Sport/Event: Swimming/200 IM
DOB: May 21, 1997
Height/Weight: 5'7"/ 120lbs
Hometown: Oldsmar, FL
Coach/Club: C.N. St-Jérôme
Twitter: @sydneypickrem

Career Highlights:

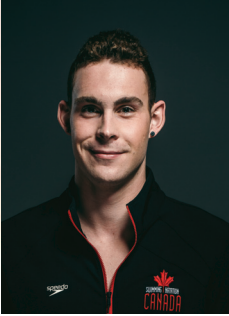
Made her first senior national team in 2014, winning bronze medals in the 200-m and 400-m individual medley at Canadian Swimming Trials. Pickrem, who specializes in the backstroke and individual medley, was selected to the 2012 Junior Pan Pacific Championships. In 2013 she represented Canada at the Australian Youth Olympic Festival in January where she won four medals: gold in the 200-m backstroke and 200-m IM, and silver in the 400-m IM and 200-m breaststroke. At the 4th FINA World Junior Championships in Dubai, Pickrem won a bronze in the 200-m IM.



Athlete Name: Victoria Poon
Sport/Event: Swimming/50 FR, 100 FR
DOB: October 12, 1984
Height/Weight: 184cm/72KG
Hometown: Hong Kong, China
Coach/Club: Benoit Lebrun/ C.N. PRO
Twitter: @vicpoon

Career Highlights:

Poon entered her fourth FINA World Championships in 2013 as Canadian record holder in the 50-m freestyle, and qualified in the 100-m freestyle. In Barcelona, Poon led the Canadian women's 4x100-m freestyle relay to a national record and a fifth-place finish. Individually, she finished 16th in the 50-m and 19th in the 100. She returned to the Olympic stage in 2012, advancing to the 50-m freestyle semifinal and finishing 15th. She also participated in the 4x100-m free relay, which came 11th. At the 2011 World Championships in Shanghai, Poon helped the women's 4x100-m freestyle relay finish sixth. Poon stood on the podium at the 2010 Pan Pacific Championships in Irvine, Calif, winning a bronze medal in a national record-setting 4x100 free relay. She just missed the podium at the 2010 Commonwealth Games in India, placing fourth. She was also a member of the Canadian squad competing at the World Swimming Championships (25m) in Dubai.



Athlete Name: Luke Reilly

Sport/Event: Swimming/200 IM, 400 IM

DOB: November 23, 1995

Height/Weight: 6'3"/ 185lbs

Hometown: Dallas, TX

Coach/Club: Steve Price & Brian Johns/ UBC Dolphins Swim Club

Career Highlights:

In 2013 Reilly competed at the 4th FINA World Junior Championships in Dubai where he finished fourth in the 400-m individual medley, setting a Canadian junior record. His National Development Team Program experience includes the 2012 Junior Pan Pacific Championships, and the 2010 and 2011 North American Challenge Cup. He was also on the 2013 Australian Junior Tour, coming home with three medals from the NSW State Age Championships.



Athlete Name: Aurélie Rivard

Sport/Event: Para-Swimming/100 BR SB9, 200 IM SM10

DOB: May 14, 1996

Height/Weight: 5'7"/ 120lbs

Hometown: Montreal, QB

Coach/Club: Frances Latenedresse/ C.N. du Haut-Richelieu

Twitter: @aurelierivard

Career Highlights:

At the 2013 IPC World Championships in Montreal Rivard was the only Canadian swimmer to win five medals (three silver and two bronze.) She took silver in the 200-m individual medley, 400-m freestyle and the 4x100-m freestyle relay. She was third in the 50-m freestyle and 100-m freestyle. Rivard made her first major international breakthrough at the 2012 Paralympic Games in London. At those Games, at age 16, she won the silver medal in the 400-metre freestyle and reached finals in four other events. She was fourth in the 100-m freestyle, fifth in the 100-m backstroke and sixth in the 200-m individual medley and 50-m freestyle. She savoured her first international success in 2011 at the Para Pan Pacific Championships in Edmonton where she earned bronze medals in the 400-m freestyle and 100-m breaststroke. She says those results gave her a lot of confidence heading into the 2012 Paralympic trials.



Athlete Name: Katarina Roxon

Sport/Event: Swimming/ 100 BR SB9, 200 IM SM10

DOB: April 5, 1993

Height/Weight: 5'3.5"/ 125lbs

Hometown: Kippens, NL

Coach/Club: Aaron Dahl/ St. Johns Legends Swim Club

Twitter: @Katarina_roxon

Career Highlights:

At the 2013 IPC World Championships, she helped Canada to the silver medal in the women's 4x100-m freestyle relay. Roxon reached three other finals, placing fourth in the 100-m breaststroke with a Canadian record, fifth in the 200-m individual medley and seventh in the 100-m freestyle. Roxon competed at her second Paralympic Games in 2012. She was among Canada's busiest athletes competing in eight events in the S8 category. The highlight was a fifth-place finish in the 100-metre breaststroke and helping Canada to seventh place in both women's relays. In 2007, she joined the Island Wahoos Swim Club and competed in numerous other international meets, including two world championships, the 2007 Para Pan Am Games, 2010 Commonwealth Games and 2011 Para Pan Pacs. At the 2011 Para Pan Pacs, she won gold in the 100-m breaststroke and added a relay bronze despite battling back pains.



Athlete Name: Sinead Russell

Sport/Event: Swimming/100 BK, 200 BK

DOB: June 15, 1993

Height/Weight: 175cm/69.3KG

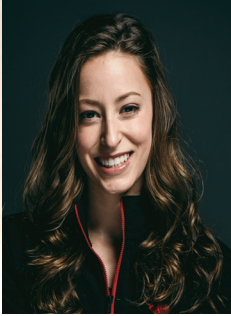
Hometown: Burlington, ON

Coach/Club: Erin Russell/ Norfolk Hammerheads

Twitter: @neanea_russell

Career Highlights:

The 2012 Olympics, Sinead advanced to the final in the 200-m backstroke. That eighth-place finish was one of her five swims in London. She also advanced to the semifinal in the 100-m back, placing 16th. Her success continued in 2013, capped by solid performances at the FINA World Championships. She placed seventh in the 200-m backstroke and ninth in the 100-m backstroke. She tuned up for the worlds with a triple medal showing on the Mare Nostrum swimming circuit in Europe. At the 2011 World Championships, her confidence level was high when she broke the Canadian mark in the 100- and 200-m backstroke, finishing 8th and 9th in those events. In 2010, she was a finalist in two events at the Commonwealth Games in Delhi, a member of the Pan Pacific Championships team and World Swimming Championships (25m) in Dubai. Russell made her first senior international team competing for Canada at the 2009 World Championships in Rome. She competed in both the 50-m and 100-m backstroke, placing 39th and 24th.



Athlete Name: Katerine Savard

Sport/Event: Swimming/50 FL, 100FL, 200 FL

DOB: May 26, 1993

Height/Weight: 5'5"/ 124lbs

Hometown: Pont-Rouge, QC

Coach/Club: Marc-André Pelletier/ Club de Natation CSQ

Twitter: @KaterineSavard

Career Highlights:

She won the gold medal in the 100-m butterfly and silver in the 50-m butterfly at the World University Games in Kazan, Russia. Her victory in the 100 was in Games record time. She followed up at the FINA World Championships by placing fifth in the 100-m butterfly, lowering her own Canadian record in the heats. She also helped Canada to seventh in the 4x100 medley relay. She put an exclamation point on a great season with three individual medals and two Canadian short course records at two FINA World Cup stops in Europe. At the 2014 Canadian Swimming Trials in Victoria, she broke her 100-m butterfly national record. Savard made her Olympic debut in 2012, finishing 16th in the 100-m butterfly, 19th in the 200-m fly and contributing to a 12-th place finish in the relay. Made her first international final at the 2010 Pan Pacific Championships and again made finals at the Commonwealth Games in India.



Athlete Name: Erika Seltenreich-Hodgson

Sport/Event: Swimming/200 IM, 400 IM

DOB: April 24, 1995

Height/Weight: 5'9"/ 145lbs

Hometown: Ottawa, ON

Coach/Club: Tom Johnson/ Greater Ottawa Kingfish Swim Club

Twitter: Erika_Salt

Career Highlights:

In her senior international debut she advanced to the semifinal in the 200-m individual medley, finishing 16th overall and was also 19th in the 400-m IM. In the fall of 2013 she headed to the High Performance Centre – Vancouver to pursue swimming while studying at UBC. She went on to win both the 200 and 400 IM at the 2014 Canadian Swimming Trials in Victoria. Seltenreich-Hodgson first splashed onto the National Development Team Program scene in 2010, competing domestically for the Prospects initiative. She represented Canada at the 2011 World Junior Championships where she took home a bronze in the 200-m IM. The following year she won a bronze in Barcelona and Gold in Canet in her specialty, the 200-m IM, while on the Mare Nostrum Junior Tour. Later that year at the 2012 Junior Pan Pacific Championships she won bronze in the 4x100-m free relay, and gold in the 200-m IM. In January 2013, Seltenreich-Hodgson had a successful competition representing Canada at the New South Wales State Age Championships in Australia. She came home with gold in the 100-m breaststroke, 200-m and 400-m individual medley, and silver in the 200-m breaststroke and 100-m freestyle. She also helped Canada win gold in each relay, including a best ever relay split in the 4 x 200-m freestyle.



Athlete Name: Kierra Smith

Sport/Event: Swimming/200 BR

DOB: February 1, 1994

Height/Weight: 5'8"

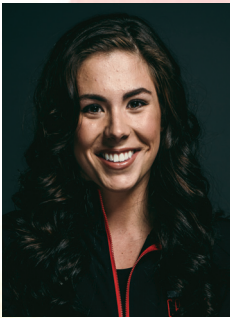
Hometown: Kelowna, BC

Coach/Club: Emil Dimitrov/ Liquid Lightning Swim Club

Twitter: @kierras

Career Highlights:

With a second place podium finish at the 2014 Canadian Swimming Trials in the 200-m breaststroke, Smith qualified for her first senior national team. Her other favourite swimming memories include setting the Junior Pan Pacific Championships record in 2012. She is also helped the University of Minnesota to its second and third straight Big Ten championships in 2013 and 2014, winning the women's 200-yard breaststroke both years.



Athlete Name: Brooklynn Snodgrass

Sport/Event: Swimming/50 BK, 100 BK

DOB: April 19, 1994

Height/Weight: 5'11" / 174lbs

Hometown: Calgary, AB

Coach/Club: Dave Johnson/ Cascade Swim Club

Twitter: @BSnodgrass04

Career Highlights:

Snodgrass made Canada's junior team in 2010 and competed at the Junior Pan Pacific Championships in Hawaii, where she reached finals in the 100-m and 200-m backstroke and 200-m individual medley. She also represented Canada at the 2013 Summer Universiade in Kazan, Russia. In 2014 she cracked her first senior national team with a second-place finish in the 100-m backstroke at the Canadian Swimming Trials in Victoria. That came only one week after winning the 200-yard backstroke at the NCAA Women's Division I Championships.



Athlete Name: Tera Van Beilen

Sport/Event: Swimming/50 BR, 100 BR, 200 BR

DOB: March 30, 1993

Height/Weight: 188cm/72.6KG

Hometown: Oakville, ON

Coach/Club: Jozsef Nagy/ UBC Dolphins Swim Club

Twitter: @teravb

Career Highlights:

Van Beilen went into the Olympics on a high note after producing an amazing performance at the Olympic Trials in Montreal. She won the 200-m breaststroke with what was the second-fastest time in the world at that point for 2012 and also knocked world-record holder Annamay Pierse out of the Olympic Games. Van Beilen was also second in the 100-m breaststroke to land an additional event for the Games. In 2014 she turned in another strong performance at Canadian Swimming Trials in Victoria, winning all three breaststroke events. She was one of 14 Canadian swimmers who competed at both the Summer Universiade and FINA World Championships in 2013. At the Universiade in Kazan, Russia, Van Beilen took fourth spot in the 100-m breaststroke and sixth in the 200-m breaststroke. At the worlds in Barcelona she came 21st in the 200, 28th in the 100 and 30th in the 50.



Athlete Name: Evan White

Sport/Event: Swimming/100FL, 200 FL, 200 BR, 200 IM

DOB: January 23, 1996

Height/Weight: 5'11"/ 150lbs

Hometown: Oakville, ON

Coach/Club: Sean Baker/ Oakville Aquatic Club

Career Highlights:

In 2012 White made his first national junior team for the Junior Pan Pacific Championships in Hawaii, which he lists as a career highlight. As a junior he also represented Canada at the 2013 Australian Youth Olympic Festival, where he won a silver medal in the 200-m individual medley and bronze in the 400-m IM. Later in 2013 he competed at the Barcelona and Canet stops of the Mare Nostrum swimming circuit as part of Swimming Canada's Development Program Tour, taking home his first senior international medal by winning bronze in the 200 IM. A month later White lowered his own 15-17 National Age Group record in the 200 IM and became the 2013 Summer National Champion in the event. He subsequently qualified for the 4th FINA World Junior Championships in Dubai, where he finished fifth in the 200-m individual medley and helped the men's 4x100-m freestyle relay to a fourth-place result.



Athlete Name: Michelle Williams

Sport/Event: Swimming/ 50 FR, 100 FR

DOB: January 2, 1991

Height/Weight: 5'9"/ 145lbs

Hometown: Toronto, ON

Coach/Club: Murray Drudge/ North York Aquatic Club

Career Highlights:

In 2013, along with NCAA competition, Williams medaled in the 50-m and 100-m freestyle and 50-m butterfly at Summer Nationals in Pointe-Claire, Que. Her past national junior teams include the 2009 Junior Pan Pacific Championships and 2009 Tri Nations Cup.



Athlete Name: Russell Wood

Sport/Event: Swimming/50 BK, 100 BK, 200 BK

DOB: May 4, 1994

Height/Weight: 6'1"/ 165lbs

Hometown: Calgary, AB

Coach/Club: Mike Blondal & Dave Johnson/ Cascade Swim Club

Career Highlights:

Qualified for his first FINA World Championships and Summer Universiade in 2013, winning the men's 200-m backstroke at the team trials in Victoria. He was also chosen to swim the 100-m backstroke at the Universiade. At the Summer Universiade in Russia, he missed qualifying for the final by one spot in the 100-m backstroke, placing ninth in the semifinals, and helped Canada to sixth in the 4x100-m medley relay. In his world championships debut in Barcelona, he was 21st in the 200-m backstroke. A couple of weeks later, he reached finals in the 50-m, 100-m, and 200-m backstroke at FINA World Cup stops in Berlin and Eindhoven, Netherlands. Another notable achievement from Wood's 2013 season was beating American star Ryan Lochte for gold in the 100-m backstroke at the Zajac Canada Cup - Vancouver. He continued his success in 2014, with a gold medal finish in all three backstroke events at Canadian Swimming Trials in Victoria. He also won triple gold for the University of Calgary Dinos at the Canadian Interuniversity Sport Championships.



Coach's Name: Randy Bennett

Sport/Event: Swimming

Hometown: Brentwood Bay

Club: Swimming Canada



Coach's Name: Claude St-Jean
Sport/Event: Swimming
Hometown: Montreal, Quebec
Club: Club Aquatique de Montreal



Coach's Name: Tom Johnson
Sport/Event: Swimming
Hometown: Vancouver, BC.
Club: Swimming Canada



Coach's Name: Benoit Lebrun
Sport/Event: Swimming
Hometown: Pointe-Claire, QC
Club: Swimming Canada



Coach's Name: Nicolas Perron
Sport/Event: Swimming
Hometown: Quebec City, QC.
Club: Laval University



Coach's Name: Vince Mikuska
Sport/Event: Swimming/ Para
Hometown: Chilliwack
Club: Swimming Canada



Coach's Name: Ben Titley
Sport/Event: Swimming
Hometown: Toronto, ON.
Club: Swimming Canada

TABLE TENNIS



Team Canada in Glasgow

Canadian Olympians Eugene Wang, Andre Ho and Mo Zhang will guide Canada's men's and women's table tennis teams in to the Glasgow 2014 Commonwealth Games.

"Our younger athletes will face a steep learning curve at the Games," said Tony Kiesenhofer, director general of Table Tennis Canada. "There are, however, are some legitimate medal chances in the women's singles for Mo Zhang, the winner of the 2013 Commonwealth Championships in Delhi, India."

Eugene Wang also had a very successful 2013 where he reached #62 in the world ranking and qualified for the 2013 ITTF World Tour Grand Finals. Wang is currently training in Saarbrücken, Germany.

Dates:

July 24- August 2, 2014

Venue(s):

Scotstoun Sports Campus

Number of Events:

Seven — singles, doubles and team (for men and women), mixed doubles

History

When wooden bats and celluloid balls were introduced in the late 1800s, Ping-Pong sparked a craze that swept across England. The Ping-Pong Association was formed in 1902, but gradually died off due to lack of interest. In January 1926, five nations (Austria, England, Germany, Hungary and Sweden) revived it as the Table Tennis Association. The name Ping-Pong has since become a registered trademark.

In recent years, table tennis has made great progress. The regulations have evolved in an effort to make the sport more attractive and more popular to the public. The sport was added to the program of the 1988 Olympic Games in Seoul, Korea, and to the program of the Commonwealth Games in Manchester in 2002.

Further changes over the last couple of years include introducing a bigger ball – increasing the size from 38mm to 40mm – and instead of playing up to 21 points, athletes only play to 11. In addition, the ball has to be visible at all times.

The next rule change will be take place on August 1, 2014, where the celluloid ball will be replaced by a plastic ball.

Table tennis is currently considered one of the most popular sports in the world in terms of participation, with more than 197 national federations. Modern table tennis is based on speed and strength and requires excellent technical and tactical skills.

Table Tennis is also gaining popularity with increasing visibility in the media, advertising and movies as more and more celebrities are showing their skills.

Overview

The table tennis competition includes seven disciplines:

Men's and women's singles, men's and women's doubles, men's and women's team and mixed doubles. Athletes compete against each other according to the knockout system. Each match consists of a maximum of seven sets. The athlete who wins four sets first is the game's winner.

Equipment

Table tennis is played on a rectangular table 2.74 m long, 1.53 m wide and 0.76 m high. a net 15.25 cm high is stretched across the middle of the table and a white line divides the table in two lengthwise.

Players use their racquets to hit the ball back and forth across the table. The racquet may be any size, weight or shape, as long as it is flat, rigid and of even thickness. The rubber surface must be of an ITTF-approved type. One side of the racquet must be red, while the other side must be black.

The ball has a diameter of 40 mm and weights 2.7 g. It is made of celluloid or another similar plastic material and is white or yellow matte, depending on the colour of the table used in the match.

Rules

A player earns points by making shots that his/her opponent cannot return. Players or teams alternate serves every two points. Games end when a player has scored 11 points, unless the margin is less than two points, in which case the play will continue with the serve alternating on every point until a two-point advantage is achieved. Matches are played to the best of five or seven sets.

An expedite system is introduced if a set has not finished after 10 minutes of play or at any earlier time at the request of both players or pairs. An exception is made when both players or the pairs have scored at least nine points, at which time the expedite system cannot be introduced.

If the 10-minute time period lapses while the ball is in play, the umpire interrupts the play by calling "time". The match resumes with service by the player who served in the rally that was interrupted. Otherwise, if at the lapse of 10 minutes the ball is not in play, play shall resume with service by the player who received in the preceding rally. Under the expedite system, each player serves. If the receiving player or pair makes 13 good returns, the receiver shall score a point. Once introduced, the expedite system remains in operation until the end of the match.

Table tennis is governed by a rigorous code of conduct. Players and coaches must refrain from abusing spectators, purposely crushing the ball and kicking the table.

Service starts with the ball resting on the open palm of the server's stationary free hand. The server throws the ball vertically upwards. As the ball is falling, the server strikes it so that it touches first his or her court and then, after passing over or around the net assembly, touches the receiver's court. In doubles, the ball must touch the right half court of the server and the receiver.

For more Information:

Table Tennis Canada

18 Louisa Street, Suite 230
Ottawa, on K1R 6Y6
Tel: (613) 733-6272
E-mail: media@ttcan.ca
Website: www.ttcan.ca

International Table Tennis Federation: www.ittf.com

Media Attaché in Glasgow: Alison Korn



Athlete Name: Betty Guo

Sport: Table Tennis

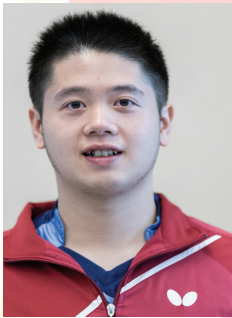
DOB: September 2, 1997

Height/Weight: 168 cm / 58 kg

Hometown: Shen Yang, China / Edmonton, AB

Career Highlights:

Glasgow is Betty Guo's first Commonwealth Games appearance. She won silver at the 2014 North America qualification for the 2015 Youth Olympic Games and was a semi-finalist at the 2013 Spanish Junior Open.



Athlete Name: Andre Ho

Sport: Table Tennis

DOB: April 11, 1992

Height / Weight: 172 cm / 70 kg

Hometown: Richmond, B.C.

Career Highlights:

Andre Ho was a Canadian team member for the 2014 World Championship. He was a 2013 World Cup qualifier and was men's singles champion at the 2013 ITTF North America Cup. Ho also competed at the London 2012 Olympic Games for which he was the first qualifier from North America. At the Delhi 2010 Commonwealth Games he placed 10/26 in the men's team event, 33/117 in singles, 9/65 in mixed doubles and 9/46 in men's doubles.



Athlete Name: Anqi Luo

Sport: Table Tennis

DOB: August 26, 1996

Height / Weight: 163 cm / 53 kg

Hometown: Mississauga, Ont.

Coach / Club: Junya Chen / Canadian Elite Table Tennis Training Centre, Mississauga, Ontario

Career Highlights:

Anqi Luo was the youngest female athlete on Team Canada at the Delhi 2010 Commonwealth Games. She placed 6/16 in the team event, 37/81 in singles, 17/32 in women's doubles and 9/65 in mixed doubles. Luo was a 2014 Youth Olympic Games Qualifier and 2014 World Team Championship Canada Team member. She won a gold as part of the Junior Girls Team on the 2013 New Caledonia Global Junior Circuit. She won gold at the 2013 Canadian National Team Challenge and bronze at the Safir International Tournament. At the 2011 Global Cadet Challenge she won silver with the Cadet Girls Team and bronze with the Cadet Girls Doubles.



Athlete Name: Pierre-Luc Thériault

Sport: Table Tennis

DOB: October 25, 1993

Height / Weight: 178 cm / 79 kg

Hometown: Rimouski, Quebec

Career Highlights:

Pierre-Luc Thériault was a 2014 World Championship Canada team member. He won gold in singles at the 2012 North America Cup and the 2012 North America Championship.



Athlete Name: Mo Zhang

Sport: Table Tennis

DOB: January 17, 1989

Height / Weight: 160cm / 58kg

Hometown: Shijiazhuang, China / Richmond, B.C.



Athlete Name: Eugene Zhen Wang

Sport: Table Tennis

DOB: November 13, 1985

Height / Weight: 174 cm / 85 kg

Hometown: Shi Jia Zhuang, China / Ottawa, Ont.

Career Highlights:

Eugene Wang had a very successful 2013 where he reached #62 in the world ranking and qualified for the 2013 ITTF World Tour Grand Finals. He won gold in men's singles at the 2013 North American Championships and also competed at the London 2012 Olympic Games.

Wang is currently training in Saarbrücken, Germany.



Coach Name: Junya Chen

Sport/Event: Table Tennis/ Women's

Hometown: Mississauga, ON.

Club: Table Tennis Canada



Coach Name: Ferenc Karsai

Sport/Event: Table Tennis/ Men's

Hometown: Stockerau, Austria

TRIATHLON



Team Canada in Glasgow

A group of six Canadian athletes are hungry to deliver a knockout punch when they step onto the starting pontoon for the 2014 Commonwealth Games in Glasgow, Scotland.

A team of three women and three men – five who have won World Championship and World Cup medals and one with Olympic experience – will showcase a new era for triathlon in Canada when they wear the country's red and white race suits while swimming, biking and running in Strathclyde Country Park on the southeastern edge of Glasgow for the triathlon events this summer.

The women's race will be led by Victoria, B.C.'s Kirsten Sweetland who is considered a medal contender in Scotland thanks to her two, top-10 results on the World triathlon Series over the last year including career-best sixth, and seventh-place finishes. Sweetland is the veteran of the Canadian women and has climbed the podium at nearly every level of the sport including World Cup, Under-23 and Junior World Championships.

On the men's side, Oakville, Ont.'s Kyle Jones will headline the men's squad and bring his event experience as a 2012 Olympian and the top Canadian at the 2013 World Triathlon Series Grand Final. Andrew Yorke of Caledon, Ont., put down his career-best 15th-place finish at the World Triathlon Series in Yokohama, Japan to secure his ticket to Scotland; the two men will be ones to watch in Glasgow this summer.

Dates

July 24 and 26, 2014

Venue(s):

Strathclyde Country Park

Number of Events:

Three events: Men's individual, Women's individual and mixed relay

History

Although considered one of the newer sports, triathlon has become very popular in the last few years. In 1974, in Mission Bay, Southern California, a group of friends began training together. Among them, were swimmers, runner and cyclists. They would hold informal races as part of their training. In 1978 Hawaii hosted the Waikiki Rough Water Swim, the Oahu Bike Race and the Honolulu Marathon. Originally separate events, these three sports were combined to form the Hawaii Iron man. By 1982, the Hawaii Iron man had gained so much in popularity and participation that 580 competitors took part. The International Triathlon Union was established in France, in 1989. Triathlon made its debut at the 2002 Commonwealth Games.

Overview

SWIMMING

A mass start to the swim portion of the event gets the triathlon underway. The triathletes follow a 1500-metre course marked by buoys and ropes.

CYCLING

Once the athlete has reached the end of the swim, they emerge from the water into the transition area. They mount their bicycles and begin the 40 km cycling leg. The course is flat and fast but with a few technical sections through the city's centre. Bikes and equipment are checked out before the event to ensure they comply with the International Triathlon Union regulations.

RUNNING

After the cycling course, the athletes will do a 10km run.

MIXED RELAY

The mixed relay will consist of two men and two women. Each athlete will complete a 'super-sprint' triathlon of swimming, biking and running before tagging off his or her next teammate.

For more Information:

Triathlon Canada

1185 Eglinton Ave East, Suite 704,

Toronto, ON M3C 3C6

Tel: 416-426-7180

Fax: 416-426-7294

E-mail: Info@TriathlonCanada.com

International Triathlon Union: www.triathlon.org

Media attaché in Glasgow: Emily Hooper



Athlete Name: Sarah-Anne Brault

Sport / Event: Triathlon

DOB: December 1, 1989

Height / Weight: 171cm / 63kg

Hometown: Winnipeg, MB.

Club / Coach: National Training Centre/ Jamie Turner

Twitter: @SarahAnneCan

Website: www.sarah-annebrault.blogspot.com

Career Highlights:

Olympian (2012)

Major Competitions:

- 2014 ITU World Triathlon Yokohama - 7
- 2014 ITU World Triathlon Cape Town - 19
- 2014 ITU World Triathlon Auckland - 4
- 2014 Mooloolaba OUT Triathlon Oceania Cup - Gold
- 2013 ITU World Triathlon Hamburg - 11
- 2013 PATCO Triathlon Pan American Championship - Silver
- 2013 Edmonton ITU Triathlon World Cup - 12
- 2013 CAN Triathlon National Championships - 5
- 2012 Edmonton ITU Triathlon World Cup - Silver
- 2012 Ishigaki ITU Triathlon World Cup - Bronze



Athlete Name: Kyle Jones

Sport / Event: Triathlon

DOB: November 15, 1984

Height / Weight: 177cm / 65kg

Hometown: Oakville, Ont.

Club / Coach: National Training Centre - Victoria / Joel Filliol

Career Highlights:

Olympian (2012)

Major Competitions:

- 2014 ITU World Triathlon Cape Town- 24
- 2014 New Plymouth ITU Triathlon World Cup- 8
- 2013 World Triathlon Grand Final (London, GBR) - 19
- 2013 Triathlon World Cup (Palamos, ESP) - 5
- 2013 Triathlon World Cup (Edmonton, CAN) - Silver
- 2013 Canadian Championship (Toronto, CAN) - Gold
- 2012 Olympic Games (London, GBR) - 25
- 2012 World Triathlon Series Grand Final (Auckland, NZL) - 6
- 2012 World Cup Sprint (Edmonton, CAN) - Gold
- 2012 Pan American Championship (La Paz, BOL) - Bronze
- 2012 Pan American Cup Sprint (Clermont, USA) - Silver
- 2011 Pan American Games (Guadalajara, MEX) - 4



Athlete Name: Ellen Pennock

Sport / Event: Triathlon

DOB: December 18, 1992

Height / Weight: 165cm / 54kg

Hometown: Calgary, AB.

Club / Coach: National Training Centre - Victoria / James Turner

Major Competitions:

- 2014 ITU World Triathlon Auckland- 23
- 2014 Mooloolaba ITU Triathlon World Cup-4
- 2014 Elwood OUT Sprint Triathlon Oceania Cup- Bronze
- 2014 Kinloch OUT Sprint Triathlon Oceania Championships-Silver
- 2013 World Triathlon Grand Final (London, GBR) - Silver
- 2013 Triathlon World Cup (Edmonton, CAN) - Silver
- 2013 Canadian Championship (Toronto, CAN) - Silver
- 2012 Premium Oceania Cup (Mooloolaba, AUS) - 4
- 2012 World Cup (Edmonton, CAN) - 4
- 2012 Pan American Cup (Magog, CAN) - Silver
- 2012 Pan American Cup (Kelowna, BC) - Gold
- 2012 Under-23 World Championship (Auckland, NZL) - 13



Athlete Name: Matthew Sharpe

Sport / Event: Triathlon

DOB: July 24, 1991

Height / Weight: 190cm / 76kg

Hometown: Campbell River, B.C.

Club / Coach: National Training Centre - Victoria / James Turner

Major Competitions:

- 2014 New Plymouth ITU Triathlon World Cup - DNF
- 2013 Pan American Cup (San Juan, PRI) - 8
- 2013 World Triathlon Grand Final (London, GBR) - 24
- 2013 European Cup (Karlovy Vary, CZE) - 8
- 2013 World Triathlon (San Diego, USA) - 39
- 2012 World Cup (Edmonton, CAN) - 8
- 2012 Premium Pan American Cup (Magog, CAN) - Silver
- 2012 Premium Pan American Cup (Kelowna, CAN) - 4
- 2012 Under-23 World Championship (Auckland, NZL) - 13
- 2011 Pan American Cup (San Francisco, USA) - Gold
- 2010 World Junior Championship (Budapest, HUN) - 9
- Complete Profile: <http://triathloncanada.com/en/page.ch2?uid=MattSharpe> / http://www.triathlon.org/athletes/results/22327/matthew_sharpe



Athlete Name: Kirsten Sweetland

Sport / Event: Triathlon

DOB: September 24, 1988

Height / Weight: 164cm / 51kg

Hometown: Victoria, B.C.

Club / Coach: National Training Centre - Victoria

Major Competitions:

- 2014 ITU World Triathlon Yokohama-29
- 2014 ITU World Triathlon Cape Town- 7
- 2014 ITU World Triathlon Auckland- 29
- 2014 New Plymouth ITU Triathlon World Cup-5
- 2014 Mooloolaba ITU Triathlon World Cup- 7
- 2013 World Triathlon (Stockholm, SWE) - 20
- 2013 World Triathlon (Hamburg, GER) - 15
- 2013 World Cup (Palamos, ESP) - 5
- 2013 World Triathlon (Kitzbuehel, AUT) - 6
- 2013 World Cup (Edmonton, CAN) - Bronze
- 2013 World Triathlon (Yokohama, JPN) - 17
- 2012 Sprint Pan American Cup (Clermont, USA) - 15
- 2012 Sprint Pan American Cup (Bridgetown, BAR) - Bronze
- 2012 Pan American Championship (La Paz, BOL) - 8



Athlete Name: Andrew Yorke

Sport / Event: Triathlon

DOB: December 20, 1988

Height / Weight: 190cm / 70kg

Hometown: Caledon, Ont.

Club / Coach: Canadian Cross Training Club / Barrie Shepley

Career Highlights:

Olympian (2012 alternate)

Major Competitions:

- 2014 ITU World Triathlon Yokohama- 15
- 2014 ITU World Triathlon Auckland-27
- 2014 Sarasota PATCO Sprint Triathlon & Relay Pan Am Championships-Gold
- 2014 Clermont PATCO Sprint Triathlon Pan Am Cup- Silver
- 2013 World Grand Final (London, GBR) - 42
- 2013 World Triathlon (Stockholm, SWE) - 39
- 2013 World Triathlon (Hamburg, GER) - 20
- 2013 World Triathlon (Kitzbuehel, AUT) - 39
- 2013 World Cup (Huatulco, MEX) - 12
- 2013 World Triathlon (Sam Diego, USA) - 38
- 2013 World Triathlon (Auckland, NZL) - 16
- 2013 Pan American Cup (Sarasota, USA) - 4
- 2013 Sprint Pan American Cup (Clermont, USA) - 6



Coach Name: Jaime Turner

Sport/Event: Triathlon

Hometown: Victoria, BC

WEIGHTLIFTING



Team Canada in Glasgow

The weightlifting team is solid with Commonwealth Games experience, with eight members of the team, including the coaches, having competed at a previous Commonwealth Games.

Marie-Eve Beauchemin-Nadeau claimed silver in 75KG at the 2010 Commonwealth Games and then made her Olympic Games debut in 2012 and competed in the 69KG weightlifting division winning Group B to finish in eighth place. Marie-Josée Arès-Pilon will also be making her second appearance at a Commonwealth Games as she competed at the 2010 Commonwealth Games in Delhi finishing just out of the medals.

For the men, returning to Commonwealth Games competition are Olympian (2008) Francis Luna-Grenier who competed at the 2006 Commonwealth Games. Joining him are 2010 Commonwealth Games bronze medalists Mathieu Marineau (85KG) and George Kobaladze (+105KG) as well as Delhi 2010 team mate Parminder Phangura.

This team ripe with Commonwealth Games experience is also coached by two former Commonwealth Games athletes. Gilles Poirier competed at the 1986 Commonwealth Games and Guy Marineau competed at the 2002 Commonwealth Games.

The Canadian Weightlifting Federation also anticipates great results coming out of Glasgow.

“Based upon the current Commonwealth ranking, Canada is expected to win six medals in weightlifting”, said Paul Barrett, President of the Canadian Weightlifting Federation. “This could increase by one or two depending on the performance of our athletes. The level of competition will be intense, and will serve as an important step in our preparation for the 2015 Pan American Games and ultimately the Olympic Games in Rio.”

Dates:

July 24- August 2, 2014

Venue(s):

The SECC Precinct

Number of Events:

8 weight classes for men, 7 weight classes for women

History

Historical sources indicate that weightlifting was popular as a sport in ancient Greece. A 143.5 kg stone dating back to the 6th century BC was found at Olympia with an inscription that showed it was a dedicatory offer by an athlete named Bybon who had lifted it above his head with one hand. A stone weighing 480 kg, discovered on Santorini (Thera) Island, bore an inscription indicating that a man named Eumastas had lifted it off the ground. Depictions of men raising weights have been found in other countries as well. In Egypt, for instance, decorative reliefs on the tombs of the Pharaohs show people lifting utricles or fabric sacks filled with sand.

Weightlifting was on the program of the first modern Olympic Games in Athens in 1896. Women's weightlifting was introduced into the Olympic program at the 2000 Olympic Games in Sydney.

In May 2005, the implementation of the “one-kilo rule” came into effect and changed the sport of weightlifting forever. In the past, athletes had to progress each lift by 2.5 kilograms; now it has decreased to one-kilogram increments. With this new rule, competition strategies have changed, causing many more challenges on the platform and, in turn, creating a lot more excitement for the audience.

Overview

Weightlifting consists of two lifts executed in a standard order: first the snatch and then the clean and jerk. Each athlete has the right to three attempts for each lift. The athlete's best performances in each

lift are added together and the total determines the final rankings. If two athletes have an equal total, the athlete with the lower bodyweight will be placed higher.

Athletes compete in categories according to their body weight. The goal is to execute a proper lift with as heavy a weight as possible. Weightlifters compete in eight weight categories for men and seven for women on a four-metre-square platform before a panel of three judges. If a lift is successful, the lifter must add at least one kg for the next attempt. If the first or second attempt is unsuccessful, the lifter may try the same weight again or increase the weight. The lifter is allowed one minute to complete a lift after his or her name is called.

Weight Categories

Athletes are separated into categories according to their body weight. Since January 1998, the body weight categories are as follows:

Men (kg)	Women (kg)
56	48
62	53
69	58
77	63
85	69
94	75
105	Over 75

Over 105

Techniques

Snatch

The snatch is the quicker of the two lifts and requires a great deal of speed, coordination flexibility and strength. The lift is performed taking a very wide grip on the bar and in one motion the bar is lifted to an overhead position with the arms fully extended. When the bar reaches a height slightly below the chest the athlete will either drop down into a full squat position or split the legs front and back while going under the bar. Using these methods allows the weightlifter to achieve heavier lifts than if they had to pull the weight to their full height. However, the lift must be performed very quickly and accurately to ensure that the athlete is directly under the bar before gravity takes over. The weightlifter then stands erect and the referees will judge the lift as successful when the lifter's feet are in line and the lifter has the bar under control. The competitor is then directed to return the weight to the platform.

The Clean and Jerk

The clean and jerk is a two-stage lift and weightlifters can achieve higher weights. It also requires

great speed and coordination to accomplish this lift. The first part is the “clean,” in which the goal is to get the weight to the shoulders. A grip that is about shoulder width is used but the athlete will again employ either the squat or split style to assist in lifting more weight. After fixing the bar on the shoulders the lifter will rise to a standing position. The competitor then bends the legs and with great force drives the weight to fully extended arms’ length. This portion of the lift is called the “jerk”. Again, to allow heavier weights to be lifted, a split of the legs is used to let the lifter move under the bar. As in the snatch, the athlete stands with the weight supported overhead, the referees judge the lift and signal for the bar to be put down after the lifter’s feet are in line and the bar is under control.

For more Information:

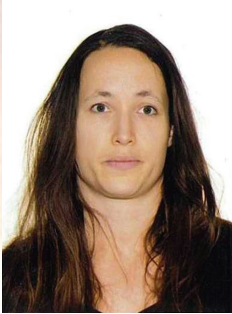
Canadian Weightlifting Federation

Email: infoCWFHC@fedhaltero.qc.ca

Website: www.canadianweightlifting.ca

International Weightlifting Federation: www.iwf.net

Media attaché in Glasgow: Patrick Kenny



Athlete Name: Marie-Josée Arès-Pilon

Sport/Event: Weightlifting/69KG

DOB: April 30, 1982

Height/Weight: 164 cm/69KG

Hometown: Edmonton, AB

Coach/Club: Mac Read

Career Highlights:

Arès-Pilon competed at the 2010 Commonwealth Games in Delhi finishing just out of the medals. She is the 2005 National Champion and three-time Canadian National Bronze Medalist (2006, 2011, 2012). Her personal best is 218KG.

Major Competitions:

- 2013 - Senior World Championships - 16
- 2012 - Canadian Senior Championships - 3
- 2011 - Senior World Championships - 25
- 2011 - Canadian Senior Championships - 3
- 2010 - Commonwealth Games - 4
- 2006 - Canadian Senior Championships - 3
- 2005 - Canadian Senior Championships - 1



Athlete Name: Marie-Ève Beauchemin-Nadeau

Sport/Event: Weightlifting/75KG

DOB: October 13, 1988

Height/Weight: 166 cm/75KG

Hometown: Montréal, QC

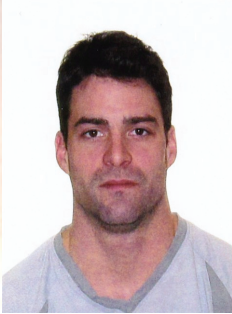
Coach/Club: Guy Marineau/Fortius, Brossard, QC

Career Highlights:

Marie-Eve Beauchemin-Nadeau made her Olympic Games debut in 2012 and competed in the 69KG Weightlifting division. Beauchemin-Nadeau won Group B to finish in eighth place. A 2011, 2012 and 2013 National Champion, Beauchemin-Nadeau claimed silver at 75 kg at the 2010 Commonwealth Games and competed at the World Championships (2009, 2010, 2011). A University of Sherbrooke student, her personal best is 251KG.

Major Competitions:

- 2013 - Canadian Senior Championships - 1
- 2012 - Olympic Games - 8
- 2011 - Senior World Championships - 15
- 2010 - Commonwealth Games - 2
- 2010 - Senior World Championships - 13
- 2009 - Senior World Championships - 12
- 2008 - Junior World Championships - 5
- 2007 - Senior World Championships - 23
- 2007 - Pan-American Games - dnf
- 2006 - Senior World Championships - 18



Athlete Name: Jean-Marc Béland

Sport/Event: Weightlifting/77KG

DOB: June 12, 1984

Weight: 80KG

Hometown: Greenfield Park, QC

Coach/Club: Jocelyn Bilodeau/ Gros Bill, La Prairie, QC

Career Highlights:

Living in Varennes, QC, Béland has a career best of 297KG. Béland finished top-ten at the 2009 Pan-American Championships.

Major Competitions:

- 2013 - Canadian Senior Championships - 5
- 2011 - Canadian Senior Championships - 4
- 2011 - Canadian Senior Championships - 4
- 2010 - Canadian Senior Championships - 1
- 2009 - Pan-American Championships - 10
- 2008 - Canadian Senior Championships - 6
- 2005 - Canadian Senior Championships - 4
- 2004 - Canadian Senior Championships - 4
- 2003 - Canadian Senior Championships - 4



Athlete Name: Isabelle Després

Sport/Event: Weightlifting/58KG

DOB: September 5, 1980

Height/Weight: 1.59/60.5KG

Hometown: Moncton, NB

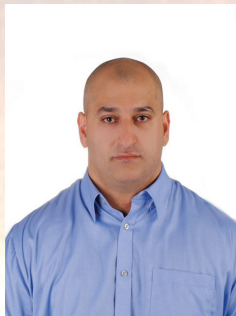
Coach/Club: Pierre Saint-Jean/Ottawa Elite Weightlifting Club

Career Highlights:

Després, who is a physiotherapist with ties to the University of Ottawa and the University of Moncton and the University of Western Ontario, currently lives in Ottawa training out of the Ottawa Elite Weightlifting Club. Després is a 2013 national champion, silver (2011) and bronze (2010) medalist. Després' personal best is 184KG.

Major Competitions:

- 2013 - Pan American Championships - 9
- 2013 - Canadian Senior Championships - 1
- 2012 - Pan American Championships - 8
- 2011 - Canadian Senior Championships - 2
- 2010 - Canadian Senior Championships - 3



Athlete Name: George Kobaladze

Sport/Event: Weightlifting/105KG

DOB: May 24, 1976

Height/Weight: 186 cm/140KG

Hometown: Tskhinvali, GEO

Coach/Club: Gilles Poirier/Géants de Montréal, MTL, QC

Career Highlights:

Kobaladze competed for Canada at the 2010 Commonwealth Games winning a bronze medal. He also won a bronze medal at the 2011 Pan-American Games in Mexico. The six-time Canadian Champion's (2008, 2009, 2010, 2011, 2012, 2013) personal best in 402KG.

Major Competitions:

- 2013 - Senior World Championships - 11
- 2013 - Pan-American Championships - 2
- 2013 - Canadian Senior Championships - 1
- 2012 - Canadian Senior Championships - 1
- 2012 - Pan-American Championships - 2
- 2011 - Senior World Championships - 19
- 2011 - Pan-American Games - 3
- 2010 - Senior World Championships - 19
- 2010 - Commonwealth Games - 3
- 2009 - Senior World Championships - 14



Athlete Name: Francis Luna-Grenier

Sport/Event: Weightlifting/69KG

DOB: May 24, 1987

Height/Weight: 170 cm/72KG

Hometown: Montréal, QC

Coach/Club: Mark Nehme/Haltérophilie de Montréal, QC

Career Highlights:

Luna-Grenier finished 17th at his first Olympic Games in 2008. His 4th place finish at the 2008 Pan-Am Championships in Peru allowed Canada to send two male weightlifters to the Olympic Games. Luna-Grenier, competed at the 2006 Commonwealth Games finishing seventh. He is an eight-time Canadian Senior Champion (2003, 2006, 2008, 2009, 2010, 2012, 2013, 2014). Luna-Grenier's personal best is 300KG.

Major Competitions:

- 2014 - Canadian Senior Championships - 1
- 2013 - Senior World Championships - 16
- 2010 - Pan-American Championships - 5
- 2009 - Senior World Championships - 13
- 2008 - Olympic Games - 17
- 2008 - Pan-American Championships - 4
- 2007 - Senior World Championships - 33
- 2007 - Junior World Championships - 8
- 2006 - Senior World Championships - 20
- 2006 - Commonwealth Games - 7



Athlete Name: Marie-Julie Malboeuf

Sport/Event: Weightlifting/58KG

DOB: October 3, 1994

Weight: 58KG

Hometown: Repentigny, QC

Coach/Club: Pierre Roy/Pointe-aux-Trembles, QC

Career Highlights:

Residing in Repentigny, QC, Malboeuf is a student at the Cégep régionale de Lanaudière à l'Assomption, QC. A Point-aux-Trembles Weightlifting Club athlete, Malboeuf finished top-ten at the 2013 Junior World Championships. Her personal best is 184KG.

Major Competitions:

- 2013 - Junior World Championships - 10
- 2012 - Canadian Senior Championships - 3
- 2011 - Canadian Junior Championships - 1



Athlete Name: Kristel Ngarlem

Sport/Event: Weightlifting/69KG

DOB: July 20, 1995

Weight: 69KG

Hometown: Montréal, QC

Coach/Club: Mark Nehme/Haltérophilie de Montréal, QC

Career Highlights:

A student at the Collège Ahuntsic in Montréal, QC, Ngarlem is a four-time Junior National Champion (2010, 2012, 2013, 2014) and three-time Canadian national silver medallist (2011, 2012, 2013). Her personal best is 201KG.

Major Competitions:

- 2014 - Canadian Junior Championships - 1
- 2013 - Summer Universiades - 12
- 2013 - Canadian Senior Championships - 2
- 2012 - Canadian Senior Championships - 2
- 2012 - Junior World Championships -12
- 2011 - Junior World Championships -13
- 2011 - Canadian Senior Championships -2
- 2010 - Junior World Championships -16
- 2010 - Canadian Senior Championships -5
- 2009 - Canadian Senior Championships -5



Athlete Name: Parminder Phangura

Sport/Event: Weightlifting/105KG

DOB: October 11, 1979

Height/Weight: 191 cm/140KG

Hometown: Quesnel, BC

Coach/Club: Danjuma Gad/Ultimate WL Club, BC

Career Highlights:

A 2010 Commonwealth Games athlete, Phangura also competed at the 2004 Youth Commonwealth Games. The three-time Canadian Champion (2002, 2003, 2007) and World Championships competitor's personal best is 368KG.

Major Competitions:

- 2012 - Pan-American Championships - 7
- 2011 - Senior World Championships - 34
- 2010 - Commonwealth Games - DNF
- 2010 - Canadian Senior Championships - 2
- 2008 - Pan-American Championships - 7
- 2007 - Canadian Senior Championships - 1
- 2004 - Canadian Senior Championships - 2
- 2004 - Youth Commonwealth Games - 19
- 2003 - Canadian Senior Championships - 1
- 2002 - Canadian Senior Championships - 1



Athlete Name: Pascal Plamondon

Sport/Event: Weightlifting/85KG

DOB: December 12, 1992

Weight: 85KG

Hometown: Sherbrooke, QC

Coach/Club: Gilles Poirier/Atlas, Sherbrooke, QC

Career Highlights:

An athlete with the Atlas Club in Sherbrooke Quebec, Plamondon is the 2012 Canadian Champion at the junior and senior levels. His personal best is 340KG.

Major Competitions:

- 2013 - Senior World Championships - 20
- 2013 - Pan-American Championships - 6
- 2013 - Canadian Senior Championships - 2
- 2012 - Canadian Senior Championships - 1
- 2012 - Junior World Championships - 11
- 2012 - Pan-American Championships - 9
- 2012 - Canadian Junior Championships - 1
- 2011 - Summer Universiades - 18
- 2011 - Canadian Senior Championships - 3
- 2010 - Canadian Junior Championships - 3



Athlete Name: Jessica Ruel

Sport/Event: Weightlifting/53KG

DOB: February 15, 1991

Weight: 52KG

Hometown: Rouyn-Noranda, QC

Coach/Club: René Bellemarre/La Sarre, QC

Career Highlights:

A Université du Québec student, Ruel, is a two-time senior national champion (2012, 2013) and a four-time junior national champion (2008, 2009, 2010, 2011). Her personal best is 174KG.

Major Competitions:

- 2013 - Senior World Championships - 14
- 2013 - Pan-American Champ - 6
- 2013 - Canadian Senior Championships - 1
- 2012 - Canadian Senior Championships - 1
- 2011 - Junior World Championships - 12
- 2011 - Canadian Senior Championships - 2
- 2011 - Canadian Junior Championships - 1
- 2010 - Canadian Junior Championships - 1
- 2009 - Junior World Championships - 9
- 2009 - Canadian Junior Championships - 1
- 2008 - Junior World Championships - 14



Athlete Name: David Samayoa

Sport/Event: Weightlifting/94KG

DOB: June 9, 1992

Height/Weight: 175 cm/94KG

Hometown: Regina, SK

Coach/Club: Jose Samayoa/Dallas Follick/Regina Weightlifting Club

Career Highlights:

A Regina Weightlifting Club member, Samayoa works as a plumber. A 2013 Canadian Silver Medalist, the Regina resident's personal best is 320KG.

Major Competitions:

2013 - Canadian Senior Championships - 2

2012 - Canadian Junior Championships - 1

2011 - Canadian Junior Championships - 3



Coach Name: Guy Marineau

Sport/Event: Weightlifting

Hometown: St. Andre D'Argenteuil



Coach Name: Gilles Poirier

Sport/Event: Weightlifting

Hometown: Sherbrooke, QC.

Club: Club Haltérophilie Leber

WRESTLING



Team Canada in Glasgow

Wrestling at 69KG, Dorothy Yeats of Montreal is the 2010 Youth Olympics Champion, two-time Junior World Champion (2012, 2013), as well as 2014 Senior World Championships Silver Medalist. Stittsville Ontario native Erica Wiebe is a three-time National Champion (2012, 2013, 2014) and 2013 Poland Open Champion having beaten the 2012 Olympic gold medalist and the 2012 Olympic bronze medalist to win the event.

On the men's side, David Tremblay, Olympian at the 2012 London Games, is a two-time National Champion (2014, 2011) and a five-time Canadian University Champion from Concordia University. Elliot Lake's Corey Jarvis is the defending Commonwealth Games silver medalist at 120KG and is a two-time National Champion (2012, 2014).

This accomplished team of seven men and seven women will be led by wrestlers with great

international and multi-sport experience.

For men's and women's wrestling at Glasgow, a new weight class system is being used. The system features six new Olympic weight classes and one for non-Olympic weight classes. This new system is a result of the various changes introduced by the International Federation of Associated Wrestling Styles (FILA).

Wrestling Canada Lutte Executive Director and Team Canada Mission Staff Member Tamara Medwidsky anticipates solid results from this eager group of athletes.

"There is a high level of excitement and anticipation for the Commonwealth Games by our team," says Medwidsky. "The team, including athletes, coaches and support staff, represents some of the best in Canadian wrestling. We go into the 2014 Games with high expectations in terms of performance and anticipate that the experience gained in Glasgow will be invaluable leading towards the preparation for TO2015 and the 2016 Olympic Games."

Dates:

July 29-31, 2014

Venue(s):

The SECC Precinct

Number of Events:

7 Freestyle weight categories for men:

7 Freestyle weight categories for women:

History

Wrestling can be traced back to ancient times as well as throughout the ancient and modern Olympic Games. Wrestling was contested at the first ancient Olympic Games in 776 BC and has been on the Olympic programme since the modern Olympic Games resumed in Athens in 1896 (with the exception of 1900), with Greco-Roman wrestling. Freestyle wrestling first made its appearance in 1904.

In September 2001, the International Olympic Committee announced the inclusion of women's Freestyle wrestling at the 2004 Olympic Games in Athens. In February 2013, the International Olympic Committee made a recommendation to remove the sport from the 2020 & 2024 Olympic programme. However, on September 8th, 2013, the IOC announced that wrestling would be reinstated on the Olympic programme for 2020 and 2024.

Overview

Wrestling has two styles: Freestyle (men and women) and Greco-Roman. In Freestyle wrestling it is permissible to grasp the legs of the opponent, to trip the opponent and to use the legs as well as the upper body in the execution of any action. In Greco-Roman wrestling it is forbidden to intentionally grasp the opponent below the hips, to trip the opponent or to use the legs actively in executing any action.

Equipment

The wrestling area is a square or octagonal mat measuring 12 metres on each side. The “central wrestling area” is a large circle in the middle of the mat, measuring seven metres in diameter, and includes a red-coloured circle (1 metre in diameter) in the centre of the mat. A red-coloured “passive zone”, one metre in width, borders the central wrestling area. Wrestlers square off in the centre of the mat at the beginning of a match or whenever the referee restarts the match after wrestling has extended beyond the passive zone (out-of-bounds). The two diametrically opposite corners of the mat have the colours of the wrestling singlets worn by the two opponents: red and blue.

Weight Categories

Wrestlers are divided into categories according to their age and weight. At the Commonwealth Games in Glasgow, athletes will compete in the following weight categories:

7 Freestyle weight categories for men:

- 57 kg
- 61 kg (non-Olympic weight class)
- 65 kg
- 74 kg
- 86 kg
- 97 kg
- 125 kg

7 Freestyle weight categories for women:

- 48 kg
- 53 kg
- 55 kg (non-Olympic weight class)
- 58 kg
- 63 kg
- 69 kg
- 75 kg

Dress

Wrestlers must wear a “singlet” of the colour assigned to them (red or blue). The singlet must be 60% majority red or blue and a maximum of mid-thigh in length. When called to the mat, wrestlers must appear on the edge of the mat, in their respectively coloured corners, with singlet straps up and shoelaces secured.

Officials

Three officials score a wrestling match: the referee, the judge and the mat chairman. The referee is on the mat and makes the initial call on points, which are verified by the judge (mat-side). The mat chairman has the final say on points awarded if there is a disagreement between the referee and the judge.

The Match

The match will consist of two periods, three minutes in length each, with 30 seconds interval between each period. A match may be won by “fall”, by technical superiority or by points.

A fall or pin is called when both shoulders of the defensive wrestler are instantaneously held in contact with the mat for a sufficient time to allow the referee to observe total control. The referee acknowledges and registers the fall (having first agreed with the judge or mat chairman) by blowing the whistle and simultaneously striking the mat with his/her hand. A fall signals the end of the match regardless of the period in which it occurs or the score of the wrestlers at that point.

If there are no falls, the match is judged on cumulative points scored throughout the match. If at any time the difference in points between the wrestlers is more than ten in Freestyle and more than 8 in Greco-Roman, the match is stopped and the winner of the match is the wrestler who holds the lead, due to a “technical superiority” over his/her opponent.

If the match lasts the entire regulation time period, the wrestler with the most technical points is declared the winner. If the score is tied at the end of the match, the winner will be declared by considering the highest value of takedowns and holds, the least amount of cautions and the last technical point(s) scored.

Technical Points

Technical points are awarded for various takedowns and holds, depending on the level of control during the execution of the move, or the difficulty of the move.

- **One point** is awarded for stepping out of bounds or reversals, whereby a wrestler in the defensive par terre position executes an action, which now puts him/her behind and in control of the opponent on the mat.

- **Two points** are awarded for a “takedown” – when a wrestler, from the standing or neutral position, takes the opponent to the mat without back exposure.
- **Four points** are awarded for a “takedown” or “throw” to the danger position – when a wrestler, from the standing or neutral position, takes the opponent to the mat with direct back exposure to the mat (danger position).
- **Cautions** - wrestlers who flee the mat, flee a hold, apply an illegal hold, or assume an incorrect par terre starting position, may be given a caution. This results in their opponent receiving one technical point. The opponent of a wrestler who receives three cautions over the duration of a complete match will be declared the winner of the match.

Passivity Procedure (Freestyle)

The fundamental principle of a wrestling match is “total wrestling”. A referee will encourage and stimulate activity at appropriate times throughout the match by gestures and words identifying which wrestler is passive so the wrestler at fault can react. Passivity is considered to be any behaviour on the part of one or both wrestlers who, contrary to the spirit of continuous wrestling, avoid and/or obstruct the progress of the match.

When passivity continues to be evident, the match will be interrupted and a verbal and visual official warning will be awarded. If the wrestler continues to be passive the referee will declare the wrestler “passive” (upon confirmation from the judge or chair). Upon receiving confirmation, the referee will interrupt the match as long as there is no imminent scoring taking place. The referee will indicate to the wrestler (and may indicate to the coach) that the wrestler is “passive”. A 30 second “activity period” will commence and the identified wrestler will have 30 seconds to score or for the opponent to score.

If either wrestler scores during the 30-second activity period the passivity penalty will be suppressed.

If no scoring occurs during the 30-second activity period, the match will be interrupted immediately and the identified wrestler will receive a caution and the opponent will be awarded one point.

Challenge

The challenge is the action through which the coach, on behalf of the wrestler, is allowed to stop the action and request the jury of appeal and the refereeing body to watch video evidence in case of a disagreement with the call.

The coach must request the challenge by throwing a soft object on the mat, immediately after the refereeing body has awarded or failed to award points to the disputed situation.

Each wrestler is entitled to one challenge per match. If after reviewing the challenge, the jury of appeal modifies the decision, then the challenge can be used again during the match. If the jury of appeal confirms the decision by the refereeing body, the wrestler loses the challenge and the opponent will receive one technical point.

The decision of the jury of appeal is considered final and no further appeal is possible on the disputed situation.

For more Information

Wrestling Canada Lutte

7-5370 Canotek Road

Ottawa, ON K1J 9E6

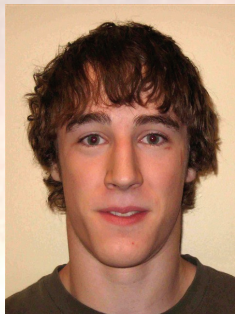
Tel: (613) 748-5686

Email: info@wrestling.ca

Website: www.wrestling.ca

International Federation of Associated Wrestling Styles (FILA): www.fila-official.com

Media attaché in Glasgow: Patrick Kenny



Athlete Name: Michael Asselstine

Sport/Event: Wrestling/ 61KG

DOB: October 5, 1989

Height/Weight: 66 inches / 67KG

Hometown: Edmonton, AB

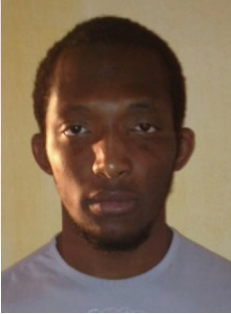
Coach/Club: Owen Dawkins/ Bears Wrestling Club (Edmonton)

Career Highlights:

Competing at the 2013 Summer Universiade in Kazan, Russia was a highlight for this Edmonton Alberta native.

Major Competitions:

- 2014 - World Team Trials 61KG - 1
- 2014 - National Championships 65KG - 5
- 2013 - Francophone Games 60KG - 1
- 2013 - Summer Universiade 60KG - 18
- 2013 - Pan Ams 60KG - 8



Athlete Name: Jevon Balfour

Sport/Event: Wrestling/65KG

DOB: December 3, 1994

Height/Weight: 175cm / 65KG

Hometown: Brampton, ON

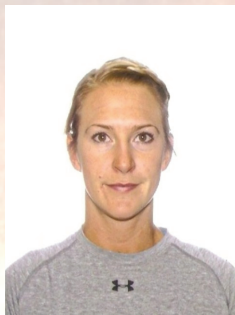
Coach/Club: Marty Calder / Brock Wrestling Club

Career Highlights:

Balfour won the OFSAA (Ontario Federation Schools Athletic Association) Championships twice (2011, 2012). He won the Ontario University Athletics Championships and the Canadian Interuniversity Sport (CIS) Championships back-to-back while at Brock University (2013,2014). Balfour is heading to Junior Worlds right after the 2014 Commonwealth Games.

Major Competitions:

- 2014 - Junior National Championships - 1
- 2014 - National Championships - 2



Athlete Name: Jillian Gallays

Sport/Event: Wrestling/53KG

DOB: October 20, 1986

Height/Weight: 165cm/55KG

Hometown: Saskatoon, SK

Coach/Club: Shane Bradley /Saskatoon Wrestling Club

Career Highlights:

A top eighth finish at the Senior World Championships in Russia in 2012 was a milestone for Gallays. The Saskatoon Wrestling Club wrestler enjoys dancing in her spare time and loves to laugh.

Major Competitions:

- 2013 - Senior National Championships - 1
- 2012 - World Wrestling Championships - 8
- 2012 - Senior National Championships - 6
- 2010 - World Cup 55KG - 8
- 2008 - World Championships 55KG - 8
- 2006 - Junior World Championships 55KG - 5



Athlete Name: Arjun Gill

Sport/Weight: Wrestling / 97KG

DOB: November 6, 1991

Height/Weight: 185 cm/ 97KG

Hometown: Surrey, BC

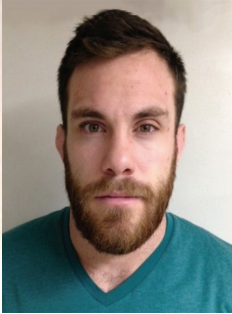
Coach/Club: Burnaby Mountain Wrestling Club

Career Highlights:

Gill enjoys outdoor activities and remembers winning the recent 2014 National Championships as his career highlight to date. Gill used to be coached by the late Randeep Sodhi, a national and international wrestling champion who won gold at the 1997 Commonwealth Games Championships.

Major Competitions:

- 2014 - National Championships - 1
- 2013 - National Championships - 2



Athlete Name: Korey Jarvis

Sport/Event: Wrestling/125KG

DOB: April 10, 1986

Height/Weight: 188cm/125KG

Hometown: Elliot Lake, ON

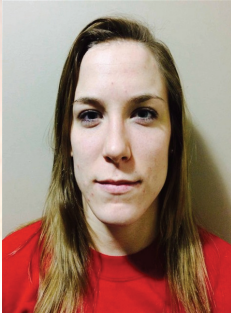
Coach/Club: Doug Cox and Zoltan Hunyady/Guelph Wrestling Club

Career Highlights:

Among many career milestones to date, Jarvis counts the 2010 Commonwealth Games in Delhi India as a highlight. At the 2010 Games, Jarvis met Sinvie Boltic from Nigeria in the final in an even match and won the silver medal.

Major Competitions:

- 2014 - National Championships - 1
- 2013 - Pan American Championships - 2
- 2012 - National Championships - 1
- 2011 - Pan American Games - 7
- 2010 - Commonwealth Games - 2



Athlete Name: Danielle Lappage

Sport/Weight: Wrestling/ 63KG

DOB: September 24, 1990

Height/Weight: 167cm, 63KG

Hometown: Olds, AB

Coach/Club: Mike Jones and Dave McKay/ Burnaby Mountain Wrestling

Career Highlights:

Lappage counts winning the 2014 Senior World Team Trials and the 2010 Junior World Championships as career highlights to date. Lappage is in the criminology masters program at Simon Fraser University.

Major Competitions:

- 2013 - University World Games
- 2013 - Francophone Games - 1
- 2012 - World University Games - 3
- 2010 - Junior World Championships - 1
- 2009 - Junior World Championships - 7



Athlete Name: Brittane Laverdure

Sport/Weight: Wrestling/ 55KG

DOB: March 1, 1982

Height/Weight: 5'3 / 55KG

Hometown: Watson Lake, YK

Coach/Club: Paul Ragusa, Dinos Wrestling Club (Calgary,AB)

Career Highlights:

A litigation lawyer with Llewellyn Law Calgary, Laverdure works for Clive O. Llewellyn, 1976 Olympian in wrestling, member of the 1980 boycott team, and past President of Wrestling Canada. An on-going highlight includes being coached by 1996 Wrestling Olympian, Pan Am Games medalist and Canada Wrestling Hall of Fame member Paul Ragusa. Laverdure is a member of the Kaska Nation (Liard First Nation) from north-east British Columbia & south-east Yukon.

Major Competitions:

- 2014 - National Championships - 1
- 2013 - National Championships - 3
- 2012 - National Championships - 2
- 2012 - World Championships 55KG - 5
- 2010 - University World Championships 55KG - 1
- 2010 - World Combat Games 55KG - 1
- 2008 - World Championships 55KG - 3
- 2007 - World Championships 59KG - 5



Athlete Name: Jasmine Mian

Sport/Event: Wrestling/48KG

DOB: December 31, 1989

Height/Weight: 5 ft 1 / 48KG

Hometown: Barrie, ON

Coach/Club: Paul Ragusa/Dinos Wrestling Club

Career Highlights:

A Brock University wrestler from 2007-2011, Mian won the CIS National Championships and two bronze medals at the World FISU Championships. In 2012, Mian relocated to the University of Calgary to pursue a Masters degree in Psychology. It was in Calgary that she won her first Senior National Championship (2014).

Major Competitions:

- 2014 - Canadian Championships - 1
- 2013 - Francophone Games - 3
- 2013 - NYAC International - 2
- 2013 - Canada Cup - 1
- 2013 - Austrian Ladies Open - 3
- 2012 - Brazil Cup - 1
- 2012 - World FISU - 3



Athlete Name: Cleo Ncube

Sport/Event: Wrestling/74KG

DOB: November 21, 1983

Weight: 74KG

Hometown: Montreal, QC

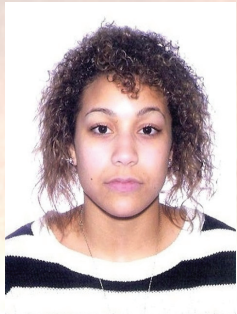
Coach/Club: Montreal Wrestling Club

Career Highlights:

Ncube is the 2014 National Champion at 74KG, two-time National Bronze Medalist (2010, 2013) and the 2011 National Silver Medalist.

Major Competitions:

- 2014 - National Championships 74KG - 1
- 2013 - National Championships 74KG - 3
- 2011 - National Championships 74KG - 2
- 2010 - National Championships 74KG - 3



Athlete Name: Braxton Stone-Papadopoulos

Sport/Weight: Wrestling/59KG

DOB: June 23, 1995

Height/Weight: 5'6, 59KG

Hometown: Pickering, ON

Coach/Club: Stan Tzogas & Kimin Kim, Team Impact

Career Highlights:

Career highlights include winning three Junior National Championships (2012, 2013, 2014), two Senior National Championships (2013, 2014), a 2012 Cadet World bronze medal, a 2013 Pan Am Championships bronze medal and a 2013 Junior Worlds silver medal. In addition to wrestling, Stone-Papadopoulos is also a blackbelt in Taekwondo.

Major Competitions:

- 2014 - World Cup (Japan) - 4
- 2014 - National Championships (Calgary, Alberta) - 1
- 2014 - Junior National World Team Trials (Hamilton, Ontario) - 1
- 2013 - Pan Am Championships (Panama) - 3
- 2013 - Junior World Championships (Bulgaria) - 2
- 2013 - Senior World Championships (Hungary)
- 2012 - Cadet World Championships (Azerbaijan) - 3
- 2012 - Junior World Championships (Thailand) - 5
- 2011 - Cadet World Championships (Hungary)



Athlete Name: Tamerlan Tagziev

Sport/Weight: Wrestling/86 KG

DOB: September 25, 1981

Height/Weight: 184 CM/86 KG

Hometown: Toronto, ON

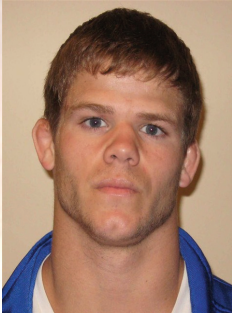
Coach/Club: Stan Tzogas & Kimin Kim / Team Impact

Career Highlights:

Tagziev, who is a history buff, is a two-time Canadian Senior National Champion (2013, 2014) and a 2013 Pan Am Championships silver medalist.

Major Competitions:

- 2014 - National Championships - 1
- 2013 - Golden Grand Prix (Azerbaijan)
- 2013 - Senior World Championships (Hungary)
- 2013 - Spanish Grand Prix - 3
- 2013 - Pan Am Championships (Panama) - 2
- 2013 - Canadian Senior National Championships (New Brunswick) - 1
- 2012 - Canadian Senior National Championships (Ontario) - 1
- 2011 - Olympic Trials (Winnipeg)
- 2011 - Canada Cup (Ontario) - 1



Athlete Name: David Tremblay

Sport/Event: Wrestling/57KG

DOB: September 18, 1987

Height/Weight: 162cm/57KG

Hometown: Stoney-Pointe, ON

Coach/Club: Nick Cipriano, Rob Betz/Hamilton Wrestling Club

Career Highlights:

David Tremblay made his Olympic Games debut at the 2012 London Olympic Games and finished in 16th place in the men's freestyle 55KG division. He is a two-time National Champion (2014, 2011) and a five-time Canadian University Champion from Concordia University in Montreal. Tremblay got his start in wrestling in high school with his father as his coach.

Major Competitions:

2014 - National Championships - 1

2012 - Olympic Games - 16

2012 - FILA Pan American Olympic qualifier (Kissimmee, Florida) 55KG - 1

2011 - National Championships - 1

2010 - National Championships - 3

2009 - National Championships - 3



Athlete Name: Erica Wiebe

Sport/Weight: Freestyle Wrestling/75kg

DOB: June 13, 1989

Height/Weight: 175cm/75kg

Hometown: Stittsville, ON

Coach/Club: Calgary Dinos, Leigh Vierling & Paul Ragusa

Career Highlights:

Weibe is a three-time National Champion (2012, 2013, 2014) and highlights winning the 2013 Poland Open, where she beat the 2012 Olympic gold medalist in the semis and the 2012 Olympic bronze medalist in the final as highpoints. The experience was surreal as she finally felt the long years of dedication and hard work all come together.

Major Competitions:

- 2014 - National Championships - 1
- 2013 - Poland Open - 1
- 2013 - National Championships - 1
- 2013 - World Championships - 7
- 2013 - FISU Universiade - 3
- 2013 - Pan Am Championships - 3
- 2012 - National Championships - 1



Athlete Name: Dorothy Yeats

Sport/Weight: Wrestling/69KG

DOB: July 29, 1993

Height/Weight: 5'6/69KG

Hometown: Montreal, QC

Coach/Club: Doug Yeats / Quebec Wrestling Academy

Career Highlights:

Yeats is the 2010 Youth Olympics Champion, two-time Junior World Champion (2012, 2013), as well as 2014 Senior World Championships Silver Medalist. Yeats has seen much improvement in the last year and credits her work with b2ten for some results.

Major Competitions:

- 2014 - National Championships - 1
- 2013 - NYAC International Tournament - 1
- 2013 - Junior World Championships - 1
- 2012 - Junior World Championships - 1
- 2012 - Senior World Championships - 2
- 2010 - Youth Olympic Games - 1
- 2010 - Junior Pan-Am Championships - 1
- 2011 - Senior Commonwealth Championships - 1
- 2009 - Canada Games - 1



Coach Name: Guivi Sissaouri

Sport/Event: Wrestling

Hometown: Montreal, QC.

Club: Men's National Coach



Coach Name: Stan Tzogas

Sport/Event: Wrestling

Hometown: Scarborough, ON.

Club: Team Impact Wrestling Club



Coach Name: Leigh Vierling

Sport/Event: Wrestling

Hometown: Calgary, AB.

Club: Women's National Coach



Coach Name: Paul Ragusa

Sport/Event: Wrestling

Hometown: Calgary, AB.

Club: Canadian Sport Centre Calgary

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CANADIAN MEDAL SUMMARY

Games	Gold	Silver	Bronze	Total
1930 Hamilton, CAN	20	15	19	54
1934 London, ENG	17	25	9	51
1938 Sydney, AUS	13	16	15	44
1950 Auckland, NZL	8	9	13	30
1954 Vancouver, CAN	9	20	14	43
1958 Cardiff, WAL	1	10	16	27
1962 Perth, AUS	4	12	15	31
1966 Kingston, JAM	14	20	23	57
1970 Edinburgh, SCO	18	24	24	66
1974 Christchurch, NZL	25	19	18	62
1078 Edmonton, CAN	45	31	33	109
1982 Brisbane, AUS	26	23	33	82
1986 Edinburgh, SCO	51	34	31	116
1990 Auckland, NZL	35	41	37	113
1994 Victoria, CAN	40	42	47	129
1998 Kuala Lumpur, MAL	30	31	38	99
2002 Manchester, ENG	31	41	46	118
2006 Melbourne, AUS	26	30	31	87
2010 Delhi, IND	26	17	33	76
Total	439	460	495	1394

HISTORY OF THE GAMES

The first Commonwealth Games took place in Hamilton, Ontario, in 1930.

Bobby Robinson, a major influence within athletics in Canada at the time, implemented the event that had been talked about among Commonwealth nations for over 30 years. Eleven countries and a total of 400 athletes participated in the first Commonwealth Games. The City of Hamilton provided \$30,000 to these nations to help cover travelling costs. Since then, the Games have been held every four years (except for 1942 and 1946, due to World War II) and have grown from 400 athletes to 8,500 athletes expected at the 2010 Commonwealth Games in Delhi, India.

From 1930 to 1950 the Games were known as the British Empire Games, then the British Empire and Commonwealth Games until 1962. From 1966 to 1974, they took on the title of the British Commonwealth Games and from 1978 onwards, they have been known simply as the Commonwealth Games.

While other Games around the globe were founded on geographic or climatic factors, such as the Asian, Pan American and African Games and the Winter Olympics, the Commonwealth Games were founded on history. Unique characteristics of the Commonwealth Games include being the only Games which share a common language. All athletes and officials can converse with each other in English, creating an atmosphere that has led to the Commonwealth Games being long known as the "Friendly Games".

The bonds of the Commonwealth Games help to encourage and support the pursuit of health and fitness in each of the 71 member nations and territories and inspire youth to strive for excellence.

CANADIAN TEAM FLAG BEARERS

1930 Percy Williams

1934 Unknown

1938 Unknown

1948 Unknown

1950 Unknown

1954 Gerard Baton

1958 Unknown/inconnu

1962 Gordon Dickson

1966 Bill Crothers

1970 Ralph Hutton

1974 Jamie Paulson

1978 Russ Prior

1982 John Primrose

1986 Ben Johnson

1990 Tom Ponting

1994 Angela Chalmers

1998 Marianne Limpert

2002 Daniel Igali

2006 Chantal Petitclerc

2010 Ken Pereira

2014 Susan Nattrass

COMMONWEALTH GAMES HELD IN CANADA

Hamilton 1930

11 countries sent a total of 400 athletes to participate in these first Games, then known as the British Empire Games.

Sports featured: track and field, bowls, boxing, rowing, swimming, diving and wrestling.

Vancouver 1954

22 countries sent 662 athletes to compete in these fifth Games known as the British Empire and Commonwealth Games.

Sports featured: track and field, bowls, boxing, cycling, fencing, rowing, swimming, diving, weightlifting and wrestling.

Edmonton 1978

44 countries sent 1,475 athletes to compete in these 11th Commonwealth Games.

Sports featured: athletics, badminton, boxing, cycling, gymnastics, lawn bowls, swimming, diving, shooting, weightlifting and wrestling.

Victoria 1994

63 countries sent approximately 2,446 athletes to these 15th Commonwealth Games.

10 sports were featured: aquatics (swimming, diving, synchronized swimming), athletics, badminton, boxing, cycling, gymnastics, lawn bowls, shooting, weightlifting and wrestling.

WEBSITES OF INTEREST

Visit Commonwealth Games Canada www.commonwealthgames.ca for up-to-date information on our athletes and daily news stories. See the LINKS for a list of valuable web resources including International Sports Federations, National Sport Federations and more.

XX Commonwealth games, Glasgow, Scotland:

www.glasgow2014.com

The Commonwealth games Federation:

www.thecgf.com

Canadian heritage (Sport Canada):

www.pch.gc.ca

edmonton2022.com

GAME ON.



We wish you all the best in achieving your goals during the Commonwealth Games. Our goal is to bring the Games back home in 2022. **Go Canada go!**

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