

POST'S
GUIDE
to the
PAN AM
GAMES



ATHLETICS

GUIDE TO THE GAMES

BY ERIN VALOIS, NATIONAL POST

Venue

CIBC Pan/Parapan Am Athletics Stadium at York University, which apparently offers a view of the Boyer Woodlot, if you want some extra scenery. Marathon and racewalk are being staged at Ontario Place West Channel.

Venue acronym

YOR, OPW

Landmark status

Medium

Thanks to a strange incident last winter, York University is now home to an exciting hotspot for tourist traffic: the mystery tunnel. Twenty-two-year-old construction worker Elton McDonald decided

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to dig a hole in the woods out of boredom, and it was discovered by a parks worker. No one knew McDonald was the builder — and Toronto feared it was the groundwork for a terrorist attack. Pan Am CEO Saad Rafi told reporters recently that they believe the mystery tunnel actually helped ticket sales. The hole was eventually filled in by police, but Elton remains a tourism hero.

Other events at venue

Parapan Am Opening Ceremony;
Parapan Am athletics

Transit options

Take the Line 1 of the subway to Sheppard-Yonge Station or Downsview Station, and transfer to the 196 York University Rocket

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Express towards York University, heading west. If you decide to drive, you get a spot in Founders Lot West for \$15 if you book 24 hours in advance. Three people in the car gets you in the HOV lane, so team up and enjoy.

Getting to the West Channel is easier. You can take the various options to reach the Exhibition grounds (509 streetcar from Union Station; 511 streetcar from Bathurst station; the temporary 193 bus from Dundas West Station; or the Exhibition stop on the Lakeshore GO train line) and then head south toward the lake.

For exact directions, try:

[Triplinx.ca to YOR](#)

[Triplinx.ca to OPW](#)

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[TTC trip planner](#)

Schedule

July 18 Women's marathon

July 19 20-kilometre race walks

July 21-25 Track and field

July 25 Men's marathon

July 26 50km race walk

[See the full competition schedule at the Pan Am website](#)

[Maps of the road closures for the marathon and race walks can be found here](#)

How the sport works

Fastest man or woman wins. Unless you're talking field events, and then it is all about height and distance. Also, please try not to knock over the hurdles.

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Nations competing

All 41 countries are taking part in athletics. Canada is sending 90 athletes.

Canada's team

Men

100m Andre De Grasse, Markham, Ont.; Gavin Smellie, Brampton, Ont.

200m De Grasse; Brendon Rodney, Brampton, Ont.

400m Daniel Harper, Brampton, Ont.; Philip Osei, Toronto

800m Anthony Romaniw, Hamilton; Brendon McBride, Windsor, Ont.

1,500m Charles Philibert-Thiboutot, Quebec City; Nathan Brannen, Cambridge, Ont.

5,000m Cameron Levins, Black Creek, B.C.; Lucas Bruchet, White

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Rock, B.C.

10,000m Aaron Hendriks,
Parkhill, Ont.; Mohammed
Ahmed, St. Catharines, Ont.

4x100m relay Aaron Brown, To-
ronto; Dontae Richards-Kwok, To-
ronto; Dushane Farrier, Toronto

4x400m relay Mike Robertson,
Williamstown, Ont.; Nathan
George, Coquitlam, B.C.

110m hurdles Johnathan Cabral,
Peribonka, Que.; Sekou Kaba, Ot-
tawa

400m hurdles Gregory MacNeill,
London, Ont.; Tait Nystuen, Re-
gina

3,000m steeplechase Alex Gen-
est, Lac-aux-Sables, Que.; Mat-
thew Hughes, Oshawa, Ont.

Marathon Kip Kangogo, Leth-
bridge, Alta.; Rob Watson, Lon-
don, Ont.

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20km race walk Evan Dunfee, Richmond, B.C.; Inaki Gomez, Vancouver

50km race walk Creighton Connolly, Vancouver

Discus Tim Nedow, Brockville, Ont.; Marc-Antoine Lafrenaye-Dugas, Sherbrooke, Que.

Hammer Daniel Novia, Mississauga, Ont.; Jim Steacy, Lethbridge, Alta.

High jump Derek Drouin, Corunna, Ont.; Michael Mason, Abbotsford, B.C.

Javelin Evan Karakolis, Toronto; Raymond Dykstra, Grimsby, Ont.

Long jump Jharyl Bowry, Mississauga, Ont.; Stevens Dorcelus, Montreal

Pole vault Jason Wurster, Stevensville, Ont.; Shawnacy Barber, Toronto

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Shot put Tim Hendry-Gallagher, Parry Sound, Ont.; Nedow

Triple jump Aaron Hernandez, Coaldale, Alta.; Tacuma Anderson-Richards, Toronto

Decathlon Damian Warner, London, Ont.; Patrick Arbour, Ottawa

Women

100m Crystal Emmanuel, Toronto; Khamica Bingham, Caledon, Ont.

200m Kimberley Hyacinthe, Lachenaie, Que.; Raquel Tjernagel, New Westminster, B.C.

400m Audrey Jean-Baptiste, Montreal; Taylor Sharpe, Pickering, Ont.

800m Jessica Smith, North Vancouver; Melissa Bishop, Eganville, Ont.

1,500m Nicole Sifuentes, Winni-

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peg; Sasha Gollish, Toronto

5,000m Jessica O'Connell, Calgary; Natasha LaBeaud, Kelowna, B.C.

10,000m Lanni Marchant, London, Ont.; Natasha Wodak, Vancouver

4x100m relay Jellisa Westney, Cambridge, Ont.; Shaina Harrison, Aurora, Ont.

100m hurdles Nikkita Holder, Pickering, Ont.; Phylicia George, Markham, Ont.

400m hurdles Sage Watson, Medicine Hat, Alta.; Sarah Wells, Unionville, Ont.

3,000m steeplechase Erin Teschuk, Winnipeg; Geneviève Lalonde, Moncton, N.B.

Marathon Catherine Watkins, Vancouver; Rachel Hannah, Barrie, Ont.

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20km race walk Katelynn Ramage, Nanaimo, B.C.; Rachel Seaman, Peterborough, Ont.

Discus Alanna Kovacs, Barrie, Ont.; Marie-Josée Le Jour, Dorval, Que.

Hammer Heather Steacy, Lethbridge, Alta.; Sultana Frizell, Perth, Ont.

High jump Alyxandria Treasure, Prince George, B.C.; Emma Kimoto, Richmond, B.C.

Javelin Elizabeth Gleadle, Vancouver; Melissa Fraser, Hillsburgh, Ont.

Long jump Brianne Theisen-Eaton, Humboldt, Sask.; Christabel Nettey, Surrey, B.C.

Pole vault Kelsie Ahbe, Toronto; Mélanie Blouin, Quebec City

Shot put Julie Labonté, Ste-Justine, Que.; Taryn Suttie, Hanley, Sask.

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Triple jump Alicia Smith, Brampton, Ont.; Caroline Ehrhardt, Espanola, Ont.

Heptathlon Jessica Zelinka, London, Ont.; Jillian Drouin, Corunna, Ont.

Event format

It all starts on July 18 with the women's marathon and July 19 with racewalk (the Mighty Ducks of track and field). The 100m heats begin on July 21 and The sold-out final is July 22. Make sure you're free to watch the heptathlon, which helps close out the athletics portion of the Games on July 25.

Results from 2011

Lerone Clarke of Jamaica won the men's 100 metres in 10.01 seconds

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while Rosangela Santos of Brazil won the women's 100 in 11.22. Brazil won both 4x100 relays. Canada earned four medals: gold for Dylan Armstrong in shot put; silver to Angela Whyte in the 100-metre hurdles and Sultana Frizell in women's hammer throw; and bronze to Malindi Elmore in the women's 1,500 metres.

Why it's worth watching

Sure, it's tough to get the legends out to the Pan Ams, but that doesn't mean that the track and field you will see is sub-par. Since Usain Bolt is skipping the event, Canada finally gets to steal the spotlight — thanks to sprinter Andre De Grasse, who ran a wind-aided 9.75 in the 100 metres

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at the NCAA championships in June. If that's not exciting enough, Canada's Catherine Watkins is 43, has two kids, and won the Eugene Marathon earlier this year. That should be enough to inspire you to get off the couch.

Competition outlook

Canada's Brianne Theisen-Eaton, who won silver in the heptathlon at the world championships in Moscow in 2013, will be only taking part in the long jump, but Jessica Zelinka, the Pan Am heptathlon champion from 2007, will go for the full slate of events.

With the competition at home, Canada has several of its Olympians competing, such as: Gavin Smellie, Cam Levins, Moham-

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med Ahmed, Derek Drouin, Mike Mason, Inaki Gomez, Jim Steacy, Damian Warner, Aaron Brown, Crystal Emmanuel, Melissa Bishop, Nicole Sifuentes, Nikkita Holder, Phylicia George, Sarah Wells, Melanie Blouin, Frizell, Heather Steacy and Liz Gleadle.

Theisen-Eaton's American husband Ashton Eaton — who is decathlon's world record holder and reigning Olympic gold medallist — won't take part as he rests up for August after suffering a back injury. Other than that, it's time to make some new favourites as most countries opted to send their younger, more inexperienced athletes to the Games.